No 1552.

PRIMITIVE.
MODERN
COLLECTION
OF THE MOST FAMOUS
MENUS
Exhibited at the P.P.I. Exposition,
San Francisco 1915
Art of Serving-
FOOD.
Recipes-
COOKERY.

SAN FRANCISCO
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Donated to the Historical Center of the San Francisco Public Library in the memory of Charles William Schaarschmidt by his grandson John Sharsmith.

Charles was a Pastry chef at the St. Francis Hotel in San Francisco, The Galvez Hotel in Galveston, TX, The Canadian Pacific Railroad, and others.

Charles owned this book, probably obtained on his visit to the Panama-Pacific International Exposition.

WORLD'S FAIR MENU AND RECIPE BOOK

A COLLECTION OF THE MOST FAMOUS MENUS EXHIBITED AT THE PANAMA-PACIFIC INTERNATIONAL EXPOSITION

BY JOSEPH CHARLES LEHNER
THE AMERICAN GASTRONOM

THE LEHNER AND SEFERT PUBLISHING COMPANY
SAN FRANCISCO
1915

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PREFACE

Books of all sorts have been written on and about the art and science of cookery—an art that is regarded by many as the greatest, certainly the most appreciated one, and the exponents of which earn salaries which many artists who use color, tones or words to express themselves with, must envy. However, no one seems to have thought to construct a book like the present volume before. Anyone examining this volume will speedily recognize its two main parts.

The first contains the reproductions from the world's most unique and comprehensive "Menu Collection," exhibited at the Panama-Pacific International Exhibition, and the second comprises articles based on cookery with recipes to prepare numerous dishes, and matter pertaining to the art of serving the same.

The first part will appeal to designers and composers of menus, offering them suggestions; to collectors of the beautiful, and to all those who are interested, directly or indirectly, in food, and this is the great general public.

In the second part the persons, private and professional, who are engaged in practical cookery and service will be mostly interested. This includes, first of all, the plain housewife and the lady of the house; and, if she is fortunate, her servants. Then the managers, buyers, stewards, chefs, cooks, head waiters, waiters and waitresses of modern hotels and restaurants. As these, through their various activities, greatly influence the population, it can be stated that, as in the first so in the second part, it is again the general public and its interests that are involved, and this will naturally make them interested parties.

In offering this really unique and very useful book the publishers hope that it will find the favor of the public.

The Lehner and Sefert Publishing Company

JOSEPH CHARLES LEHNER—THE AMERICAN GASTRONOM
Wearing the Golden Cross of Merit Awarded Him by the Hotel Men's Association of Berlin

INTRODUCTION BY THE AUTHOR

FULLY twenty-five years have been consumed to collect the original menus, from which reproductions are given, in this volume. Some of these menus are the list of edibles and beverages served at some historic occasions, where presidents of republics, kings, emperors, diplomats, and other high dignitaries of state, or church, have partaken. Very unique are some of the menus from banquets given by notable societies, fraternities, business mens' associations, etc., in the large hotels and clubs throughout the world. All are equally interesting to the student of dietetics and to those whose profession it is to prepare dinners to conoisseurs and the public.

During his extensive travels on all five continents, the author had many rare opportunities in his professional carrer to observe and study the various schools of cookery. For there are several schools in this art as in all others, although it may be said that French cookery predominates, at least for public catering.

It is the aim and object to give the reader of this book all possible information and suggestions on basic methods how to prepare food, and the science and art of gastronomy and subjects related to it.

Every person should possess some knowledge on these important subjects. It is decidedly an advantage to know the origin of food products, their methods of preparation and selection, and the way to order the same in public places, as well as for household purposes. To enjoy a meal thoroughly we must know what, when and how to eat. No person can learn too much about the welfare and benefits of a good appetite, a healthy stomach, a proper digestion and pure food.

It is not necessary to achieve the skill of an Escoffier, Oscar, or of another similarly famous chef or maitre d'hotel. It is not equally necessary to live on steaks, chops, chicken or squab. Delicious and wholesome dishes can be prepared from much cheaper, and not inferior cuts. A little knowlelge of cooking will help to solve the ever-increasing high cost of living.

Although this collection has been numerously awarded with medals and displomas, and exhibited in London, Paris, Berlin, Vienna, Rome, Cairo, New York, Boston, St. Louis and Denver, never before was there an opportunity to buy copies of the originals. It is a great satisfaction to the author to see his work published here in San Francisco. A city noted the world over as a mecca of epicures and gourmets, and a habitat of lovers of good eating and drinking. A matter which greatly contributes to the artistic, romantic and jovial temperament of San Franciscans.

J. C. LEHNER,
The American Gastronom

DIPLOMA AWARDED J. C. LEHNER IN LONDON

TABLE OF CONTENTS

Menus of Historical Banquets and Notable Dinners Pages 8-56

Artistically Designed Menus and Bill of Fare Covers. from All Parts of the Globe - - - - - - Pages 57-92

Preliminary Advice to the House Wife - - - - - -Page 93

How to Compose and Serve a Dinner - - - - - - - 94

The Table - - - - - - - - - - - - - - - - - - 95

Soups - 96

Eggs and Omelettes - - - - - - - - - - - - - 98

Fish and Fish Sauces - - - - - - - - - - - - - 100

Shell Fish - - - - - - - - - - - - - - - - - 108

How to Select Meats - - - - - - - - - - - - - 111

Delicious Entree Dishes - - - - - - - - - - - - 113

Gravies - - - - - - - - - - - - - - - - - - 118

Cooking and Serving of Meats - - - - - - - - - - 119

Poultry and Game - - - - - - - - - - - - - - 121

Potatoes - - - - - - - - - - - - - - - - - - 123

Vegetables - - - - - - - - - - - - - - - - - 124

Salads - - - - - - - - - - - - - - - - - - - 125

Puddings and Jellies - - - - - - - - - - - - - 127

Cakes, Pastries, Pies - - - - - - - - - - - - - 129

Ices - 131

Fruit, Cheese - - - - - - - - - - - - - - - - 132

Bread and Rolls - - - - - - - - - - - - - - - 133

Coffee and Cafes- - - - - - - - - - - - - - - 135

Serving a Dinner for $2,500 per Plate - - - - - - - 137

The Author's Toast to the Hostess - - - - - - - - 141

Suggestions for the Peace Banquet - - - - - - - - 143

Universal Hotel Directory - - - - - - - - - - - 144

A MENU IN WHICH THE DISHES ARE DESCRIBED BY ILLUSTRATIONS

A WHITE HOUSE BANQUET

This is a menu of a banquet of international fame, given in honor of Prince Henry of Prussia, by the then President of the United States, Theodore Roosevelt. A menu from the White House is a rare document and very few people are in possession of originals.

MENU

Huitres sur Coquille
Croutes Panachees
Potage
Consomme Brunoise
Olives
Celeri Frise
Amandes Salees
Terrapin
Filet de Boeuf
Hambourgoise
Chapon
a l'Ambassadrice
Petits Pois
Sauce Supreme
Asperges
Sauce Mousseline
Punch
Sorbet Imperial
Canard Canvasback
Hominy
Salade de Saison
Glace
Petits Fours
Cerises Fondantes
Maroons Glacees
Cafe

WINES

Marcobrunner 1893
Sherry
Amontillado
Moet Chandon
Bruot Imperial
Chateau d'Arsac
Grand Vin de
Monteil 1893
Moet Chandon
White Seal
Appolinaris
Liqueurs

QUEENS BROOKLYN MANHATTAN BRONX RICHMOND

Dinner to the Honorable George B. McClellan

Mayor of the City of New York by the

Lotos Club

New York

March Twenty-fifth 1904

Menu

Blue Points

Green Turtle

Boudins of Sweetbreads, Albany

Chicken Halibut, Manhattan

Cucumbers Potatoes Croquettes

Noisette of Beef, *à la* Washington

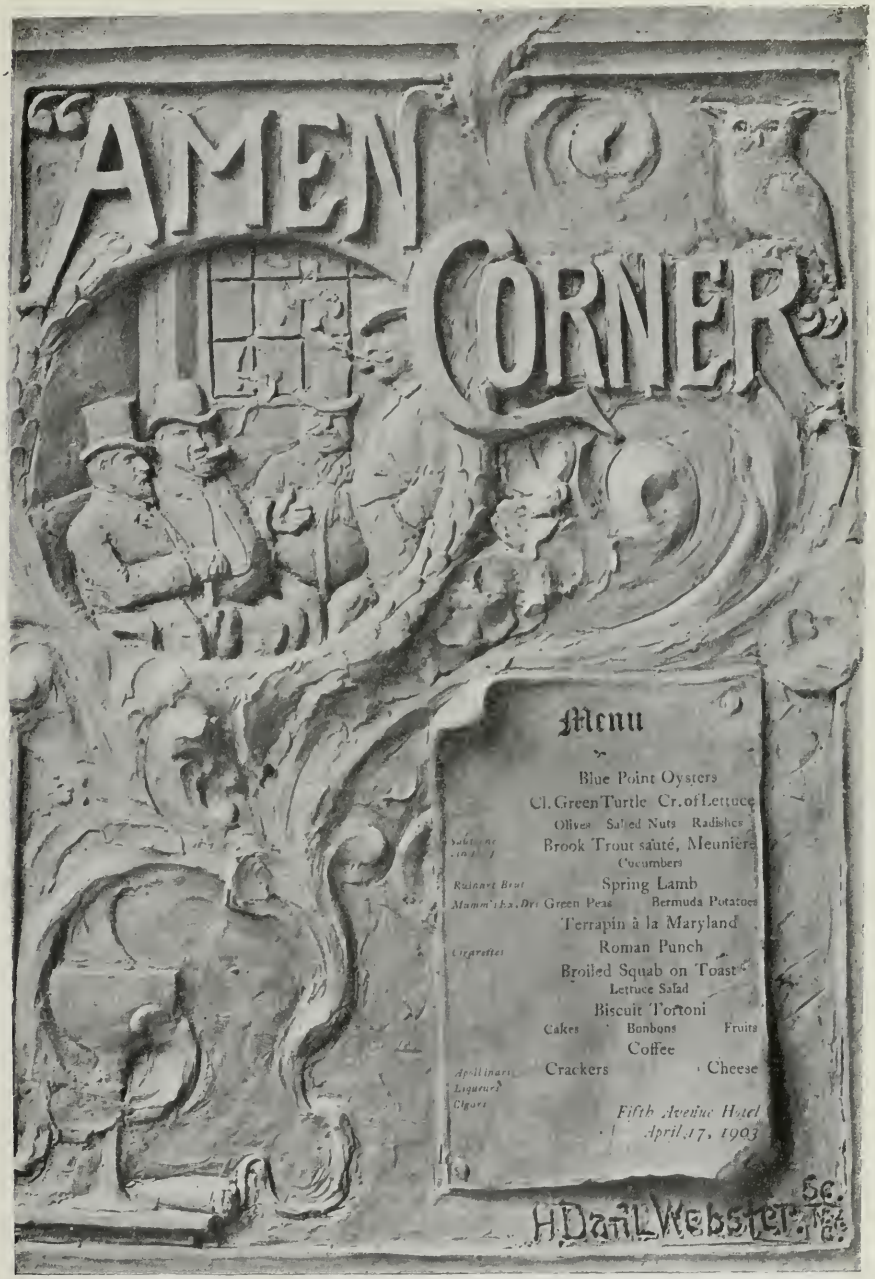
Sorbet Metropolitan

Golden Plover Lettuce Salad

Knickerbocker Cream Assorted Cakes

Roquefort Cheese

Cafe



A SCULPTURED MENU. BANQUET HELD AT THE OLD FIFTH AVENUE, HOTEL, NEW YORK.

LUNCHEON TO THEODORE ROOSEVELT

MENU

Hors d'Oeuvres

Olives Amandes Salees Canepe d'Anchois

Consomme, de Volaille, en Tasse

Pompano Grille, Maitre d'Hotel

Concombres Pommes, Parisienne

Galantine de Chapon Truffle, a la Lucullus

Sarcelle, au Cresson

Salade Coeures de Laitue Mayonnaise

Potits Fours Gateaux, Assorties

Biscuits, Glaces Cafe Noir

Pousse Cafe

INAUGURAL BALL SUPPER, EAST ROOM, WHITE HOUSE, MARCH 4, 1901, WASHINGTON, D. C.

MENU

Chaud

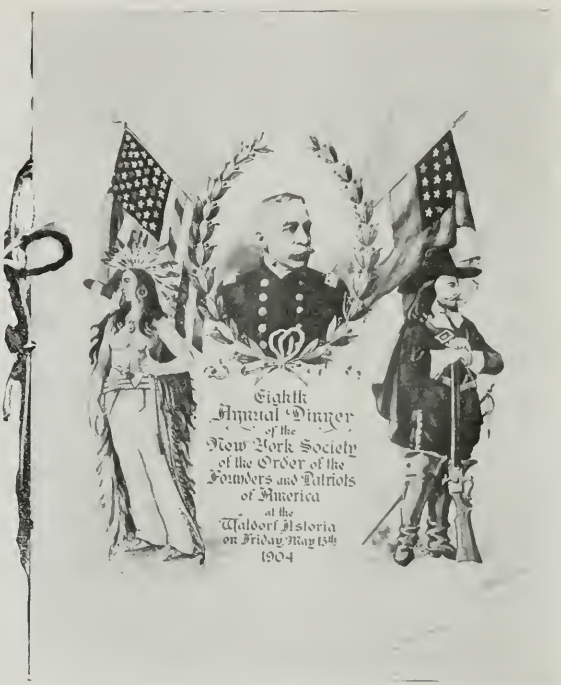
Bouillon Consomme a la Reine
Essence de Molusque Homard Farcis
Huitres Sautees, au Vin Blanc
Croquettes Exquises aux Petits Pois

Froid

Galantine de Chapon Aspic de Langue
Jambon en Gelee Filet de Boeuf en Gelee
Mayonnaise de Volaille, a la Reine
Salade Parmentier Sandwiches Assorties
Petits Pains Rillettes
Glace Napolitan Biscuits Assortis
Mousses Merveilleuses
Piece Montee Charlotte Bellevue
Petits Fours Glaces Galeaux Secs

Cafe

Apollinaris G. H. Mumm Extra Dry



EIGHTH ANNUAL DINNER OF THE NEW YORK SOCIETY OF THE ORDER OF THE FOUNDERS AND PATRIOTS OF AMERICA, FRIDAY, MAY 15, 1904.

(This Menu bears the Autograph of Admiral Dewey.)

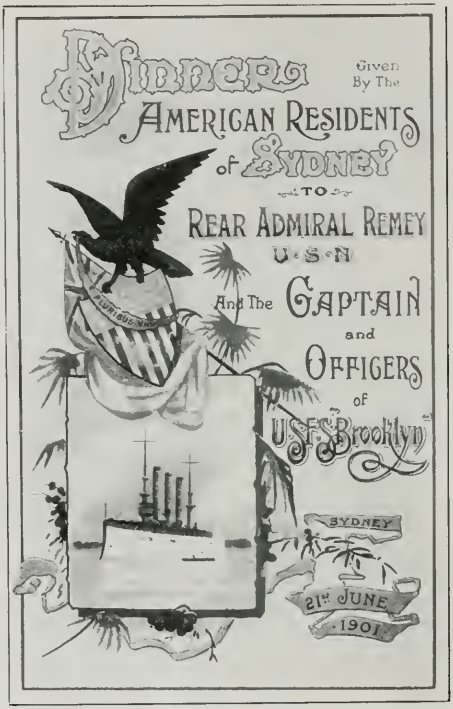
MENU

Clovisses
Potage de Sante
Radis Olives Celeri Amandes Salees
Truite de Rivere Sautes Meuniere
Salds de Concombres
Ris de Veau au Nouveau Siecle
Epaule d'Agneau du Primtemps Braise
Pomnes de Terre au Gratin
Haritocs Verts de Lima Sorbet de Fantaisie
Pluviers Rotis Balee des Groseilles
Salads de Saison Glaces, Assorties
Petits Fours Cafe

DINNER IN MEMORY OF ROBERT E. LEE.

MENU

Huitres
Gombo de Volaille Printanier
Radis, Olives, Celeri, Amandes Salees
Supreme de Sole, a la Joinville
Salade des Concombres
Ris de Veau a la Parmentier
Cotellettes d'Agneau a la Imperatrice
Pommes de Terre Rissolees
Petits Pois Sautes Sorbet de Fantaisie
Pluviers d'Herbe Rotis Salade, a la Waldorf
Glace, a la Grenadine Petits Fours
Fruits Cafe



DINNER GIVEN BY THE AMERICAN CITIZENS OF SYDNEY, AUSTRALIA, TO REAR ADMIRAL REMEY OF THE U. S. N., AT THE HOTEL AUSTRALIA, SYDNEY.

MENU

Olives Farcies Caviare
Anges a Cheval Consomme Tortue Claire
Creme des Tomatoes
Filets de Sole, Sauce Tartare
Poularde Soufflee, a l'Ambassadrice
Ris de Veau Pipue, a la Maintenon
Alouettes en Chaud Froid, a la Bohemienne
Corbeilles de Sorbet, aux Mandarine
Cigarettes
Jambon Braise, a la Maillot
Salade Francaise
Asperges en Branches, Sauce au Beurre
Ponding, a l'Alliance Bombe Colombine a la Creme
Tartlettes au Chester
Fruits Desserts Cafe

MENU COVER OF THE DINNER GIVEN IN HONOR OF PRINCE LOUIS OF BATTENBURG, DURING HIS VISIT TO THE UNITED STATES, NEW YORK CITY, NOVEMBER 9, 1905.

MENU

Huitres de Cape Cod
Hortue Verte Claire
Radis Olives Celeri Amandes Salees
Filet de Kingfish, Sauce de Homard
Salade de Concombres
Escalope de Ris de Veau au Nouveau Siecle
Baron de Boeuf a l'Anglaise
Pommes de Terre Sautees en Quartiers
Pois Nouveaux a la Francaise
Sorbet de Fantaisie
Perdreaux Rotis en Casserole
Gelee des Groseilles Salade de Saison
Cornet Glace Monseigneur
Gateaux, Assorties Fruits Cafe

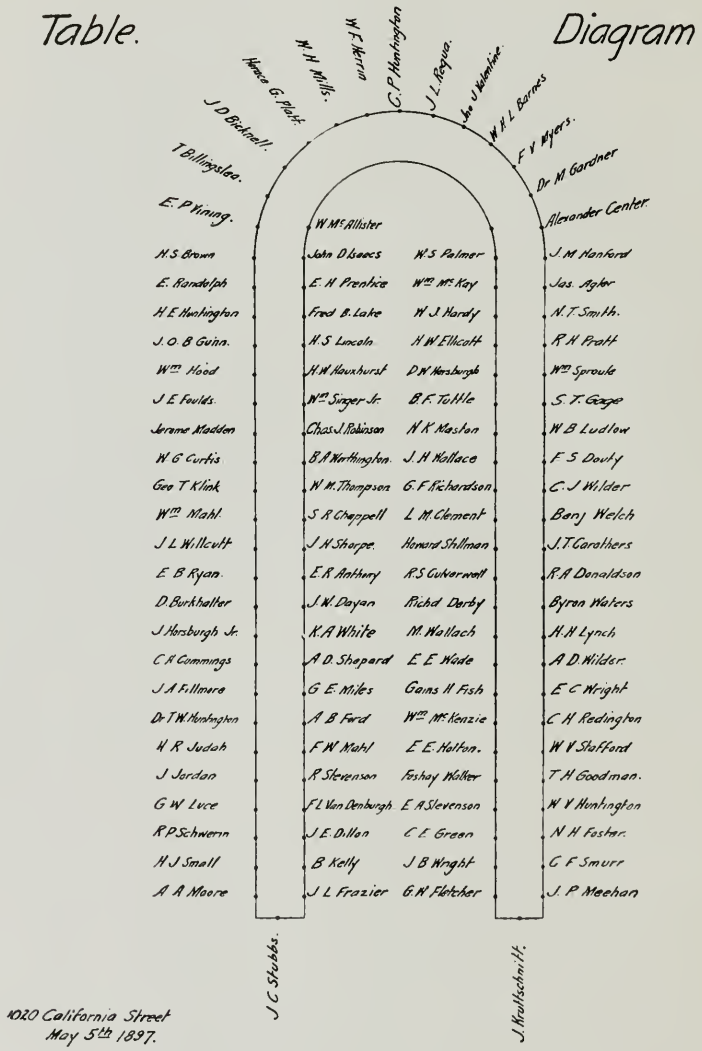


TABLE PLAN OF THE DINNER GIVEN BY
C. P. HUNTINGTON, SAN FRANCISCO

BANQUET AT C. P. HUNTINGTON'S RESIDENCE, SAN FRANCISCO, 1020 CALIFORNIA STREET, MAY 5, 1897.

MENU

Huitres Rudesheimer

Hors d'Oeuvre

Potage Consomme Seveigne

Bouchees, a la Reine

Poisson

Terrapin, a la Newburg Moet and Chandon

Releve

Filet de Boeuf, a la Richelieu

New Peas Bermuda Potatoes

Sorbet de Menthe Verte

Roti

Golden Plover sur Canape Salade a la Waldorf

Grand Vin Chateau Lafite

Fromage Petaluma Cream and Roquefort Cheese

Entremets

Pudding Diplomate Napolitan Ice Cream

Petits Fours, Assortis Cafe

MENU

Huitres

Potage, a la Jenny Lind

Radis, Olives, Celeri, Amandes, Salees

Filet de Bass, a la Surcouf

Salade, de Concombres

Coquilles de Volaille, a la Vierchaux

Mignons de Filet de Boeuf, Sauce Bearnaise

Petits Pois, a la Francaise

Pommes, de Terre, Rissolees

Sorbet de Fantaisie Pluviers Rotis

Salade de Saison Glace de Fantaisie

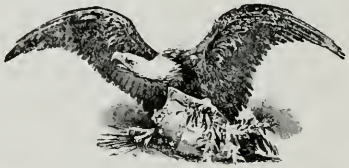
Petits Fours

Fruits Cafe

DINNER TENDERED TO COL. THEODORE ROOSEVELT, WHEN GOVERNOR OF THE STATE OF NEW YORK, BY THE COMMERCIAL INTERESTS, NEW YORK CITY, MARCH 10, 1900.

MENU

Consomme Royal Creme d'Asperges
Radis Olives Celeri Amandes Salees
Filet de Bass, Sauce aux Crabes d'Huitres
Salade de Concombres
Croustades des Champignons Frais a la Creme
Baroness de Boeuf Cardinalice
Pommes Laurette, Haricots verts Panaches
Artichauts a la Dubarry Sorbet de Fantaisie
Canard Roti
Hominy Frit Salade de Saison
Glaces, Assorties Petits Fours
Fruits Cafe



TOUR OF
THE PRESIDENT
TO THE PACIFIC COAST
APRIL 1ST TO JUNE 5TH
1903

*

LUNCHEON

BOUILLON

SLICED TOMATOES

ROAST FILLET OF BEEF WITH MUSHROOMS

BOILED POTATOES STEWED CORN GREEN PEAS

FRIED CHICKEN, MARYLAND STYLE

LETTUCE AND CUCUMBER SALAD

BOSTON BAKED BEANS

COLD

HAM TONGUE SARDINES

ICE CREAM CAKE

PRESERVED FRUITS

FRESH FRUIT

ROQUEFORT AND EDAM CHEESE

BENT'S WATER CRACKERS

COFFEE

Pullman Service.
En Route, April 5, 1903

WHAT THE PRESIDENT EATS ON THE DINING CAR WHEN TRAVELING

CHICAGO 8:15 P. M.

"It's a Way That They Have in Chicago."
The Royal Chef

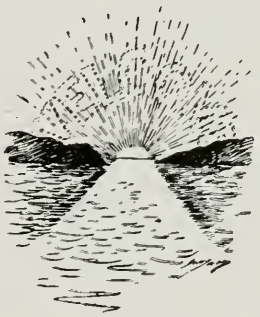
Tansan Wine Lanzones Illini

CHEYENNE—8:30 P. M.

"I'm a Peaceable Party." *The Tenderfoot*

Sagebrush Kupa
Olives Radishes Salted Nuts Bonbons
Celery

SAN FRANCISCO—9:00 P. M.



"Life on the Ocean Wave." *T. Mose*

Golden Gate Terrapin

Moet & Chandon
White Seal

Sketches of the Menu of Ex-President Taft's Second Philippine Party at the New Willard Hotel, Washington, D. C.

HONOLULU—9.30 P. M.

"ALOHA-OE." *Ex-Queen Liliuokalana*

WaiKiKi Hipa, Oahu Kele
Pali Uala Risolli

TOKYO—10.00 P. M.

"LITTLE MOOZOO-MAY." *The Shogun*

Japanese Pheasants a la Nagasaki
Sauce aux Truffles

New Green Peas

MANILA—10.30 P. M.

"LA PALOMA." *Jean Misud*

Sorbet Luneta

JOLO—11.00 P. M.

"Since I First Met You." *The Sultan of Sulu*

Zamboanga Squabs, Roasted and Stuffed
Salade Sultano

CANTON—11.30 P. M.

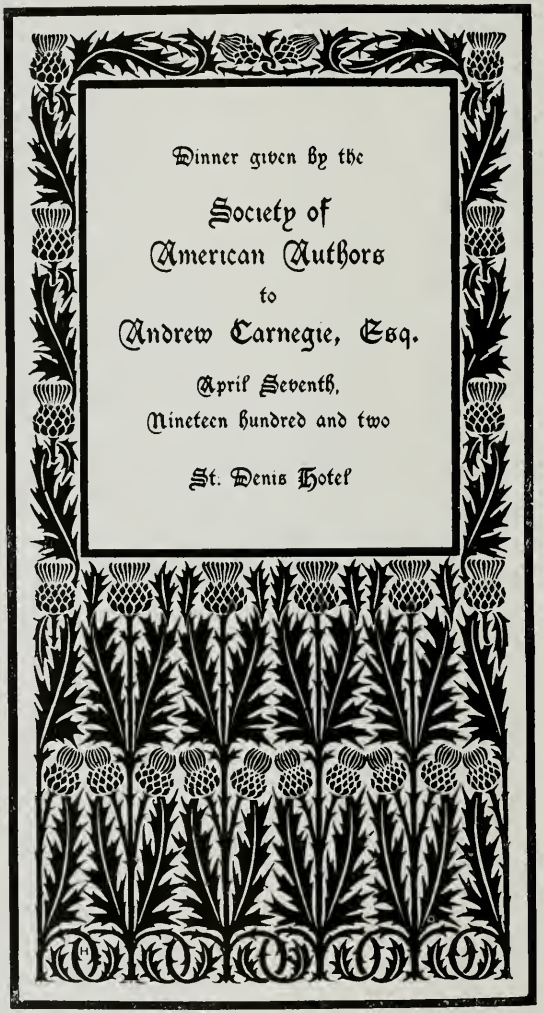
"Rhoda in Her Pagoda." *San Toy*

Mandarin Ices

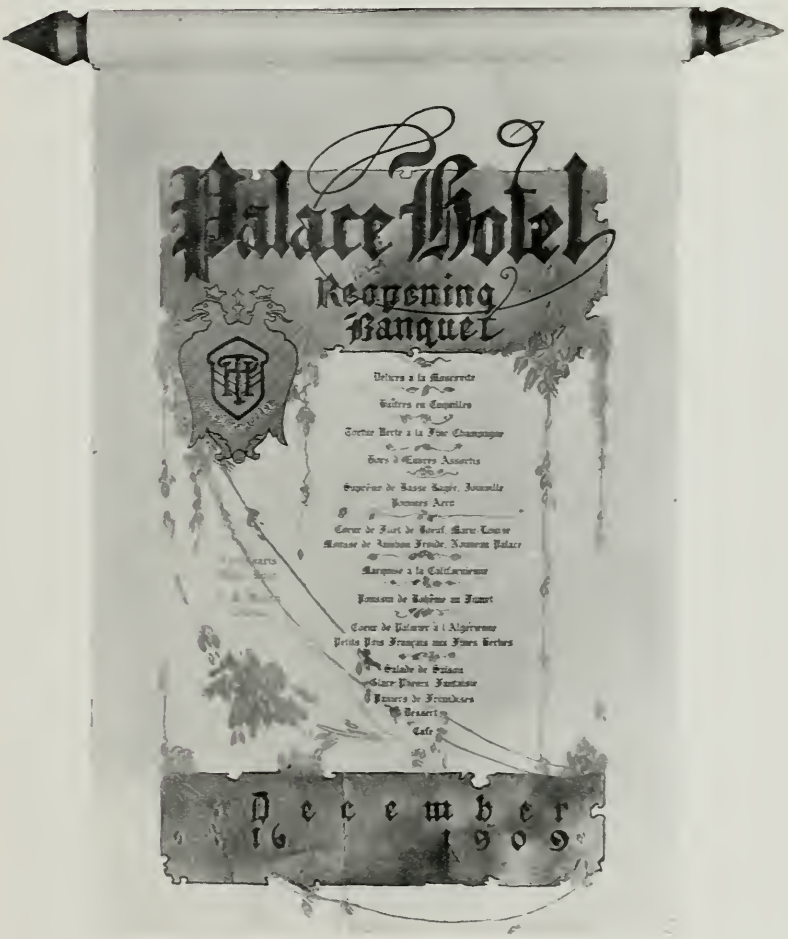
WASHINGTON—11.45 P. M.

"Yankee Doodle Boy." *Little Johnny Jones*

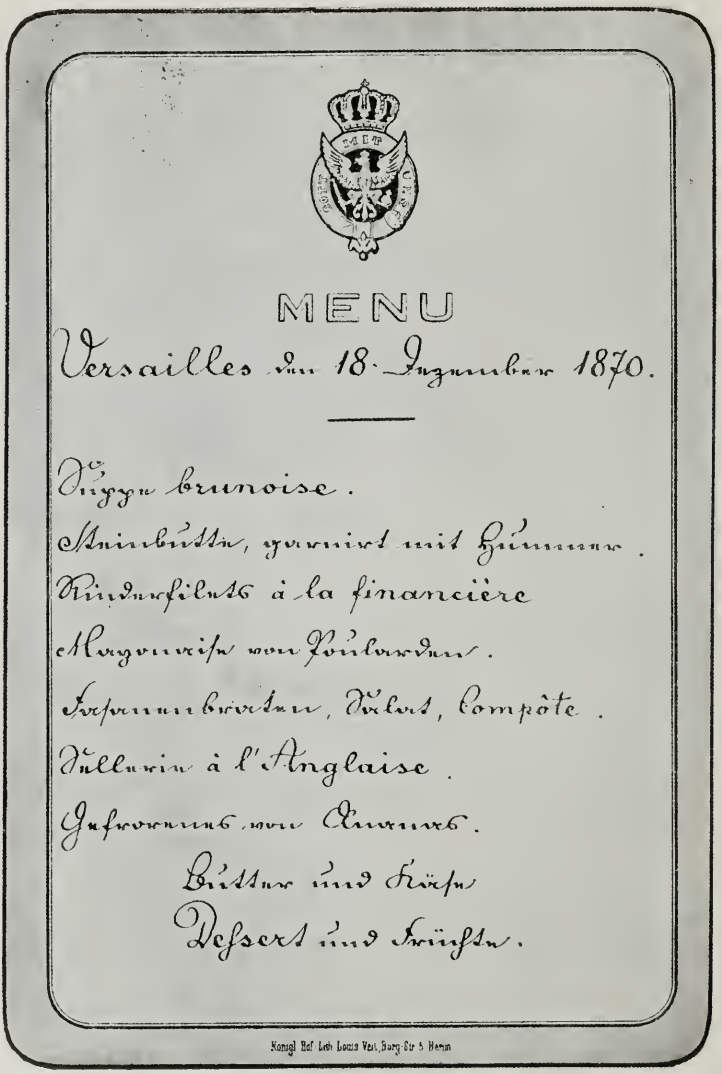
White Rock Petit Fours Coffee



A NOTABLE CARNEGIE DINNER.



MENU OF THE REOPENING DINNER OF THE NEW PALACE HOTEL, SAN FRANCISCO AFTER THE BIG FIRE



MENU

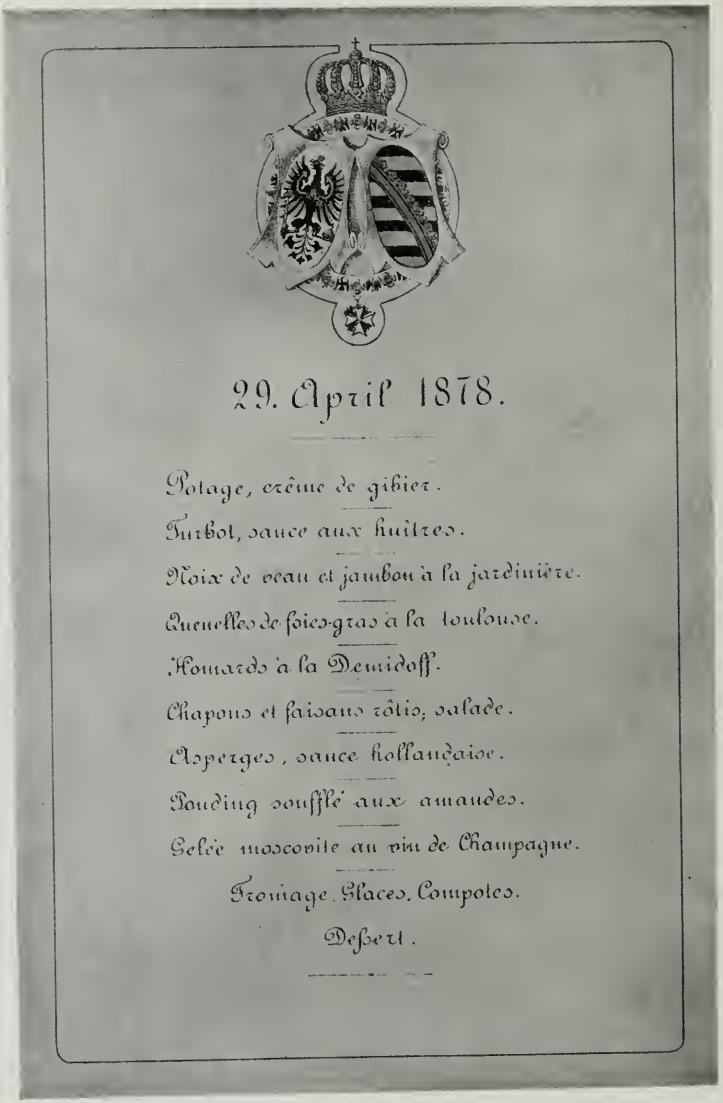
Versailles den 18. Dezember 1870.

Suppe brunoise.
Steinbutte, garnirt mit Hummer.
Rinderfilets à la financière
Mayonaise von Poularden.
Fasanenbraten, Salat, Compôte.
Sellerie à l'Anglaise.
Gefrorenes von Ananas.
Butter und Käse
Dessert und Früchte.

Königl. Hof Lith. Louis Veit, Burg-Str. 5 Berlin

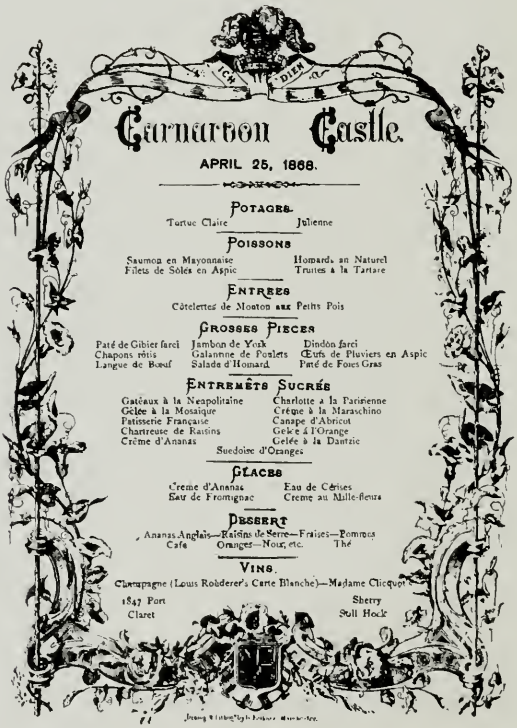
Banquet given by King William of Prussia at the Palace of Versailles, Napoleon's beautiful summer palace, during the siege of Paris, in 1870, where he was crowned Emperor of Germany in the big mirror room, on January 18, 1871.

EMPEROR WILLIAM I DINES OFFICERS OF FOREIGN NATIONS AT THE HOTEL DU NORD, COLOGNE, IN 1884

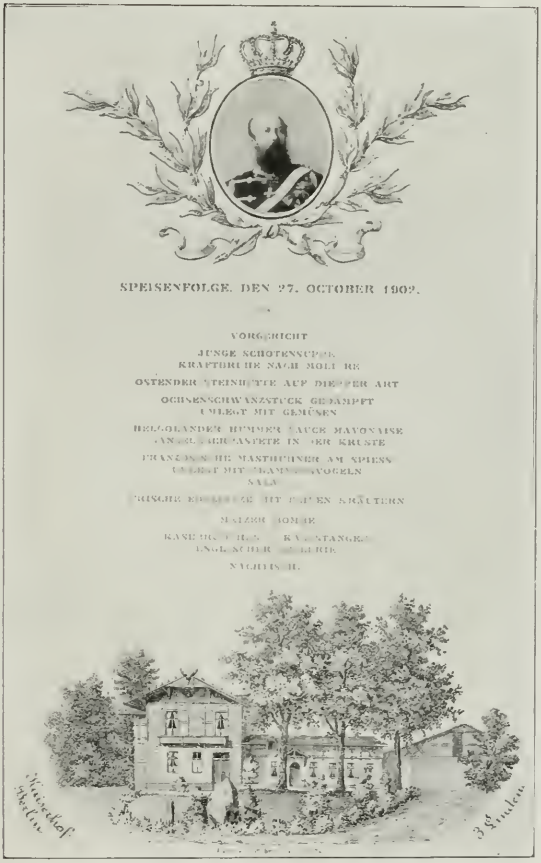


MENU OF A BANQUET GIVEN BY EMPEROR WILLIAM I AT THE IMPERIAL PALACE, BERLIN

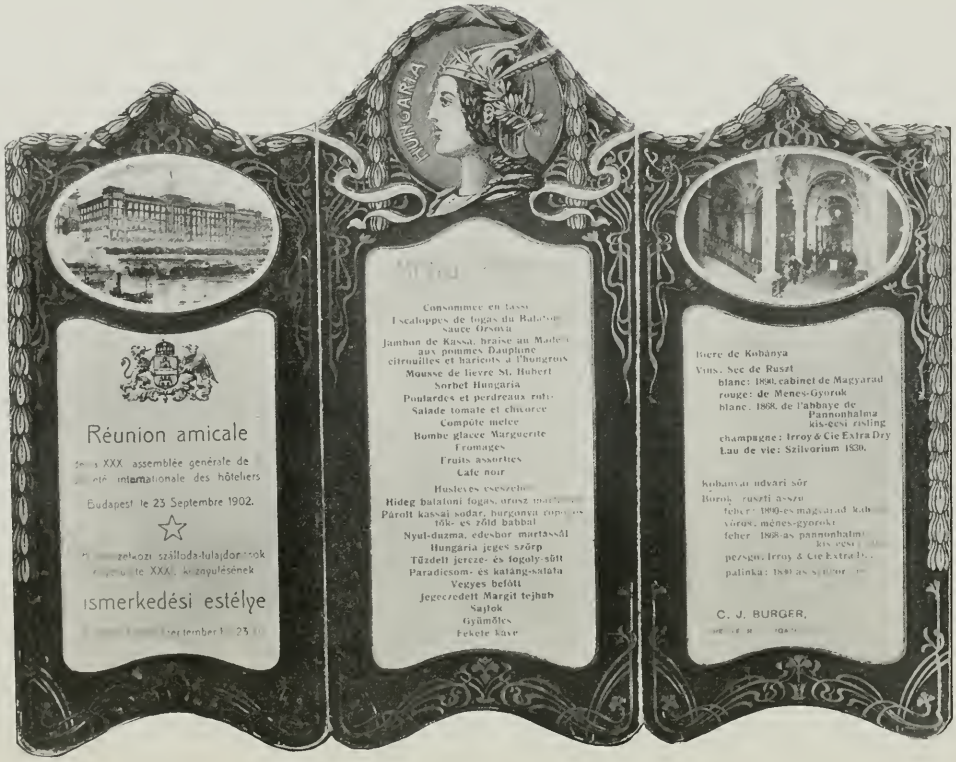
THE MENU COVER OF THE CORONATION DINNER HELD AT THE DE KAYER'S ROYAL HOTEL, LONDON, JUNE, 30, 1902



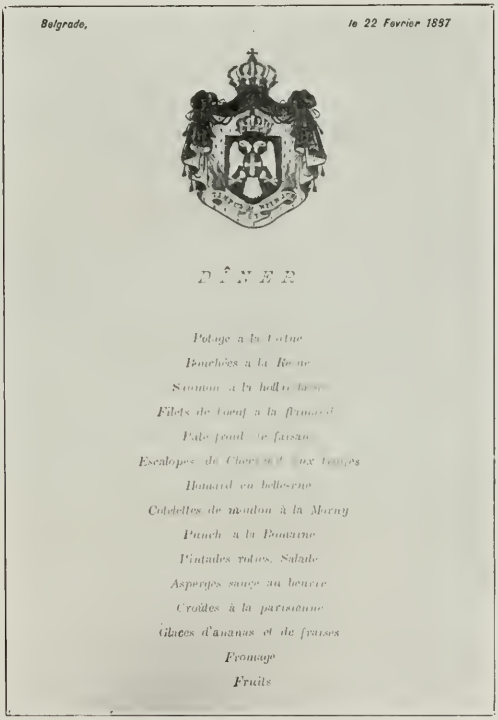
DINNER AT THE CARNARVON CASTLE IN 1868 BY THE PRINCE OF WALES, LATER KING EDWARD VII OF ENGLAND



DINNER GIVEN BY A GERMAN PRINCE AT THE KAISERHOF HOTEL, BERLIN



BANQUET GIVEN TO THE INTERNATIONAL HOTEL KEEPERS OF EUROPE AT THE GRAND HUNGARIA, BUDAPEST, SEPTEMBER 23, 1902.



Belgrade, le 22 Février 1897

DÎNER

Potage à la Tortue

Bouchées à la Reine

Saumon à la hollandaise

Filets de bœuf à la financière

Pâté froid de faisan

Escalopes de Chevreuil aux truffes

Homard en belle-vue

Côtelettes de mouton à la Marly

Punch à la Romaine

Pintades rôties. Salade

Asperges sauce au beurre

Croûtes à la parisienne

Glaces d'ananas et de fraises

Fromage

Fruits

DINNER GIVEN BY THE LATE KING MILAN OF SERVIA AT THE KONACK, THE ROYAL PALACE IN BELGRADE

MENU COVER OF A BIRTHDAY DINNER OF EMPEROR WILLIAM II.

FEST MAHL

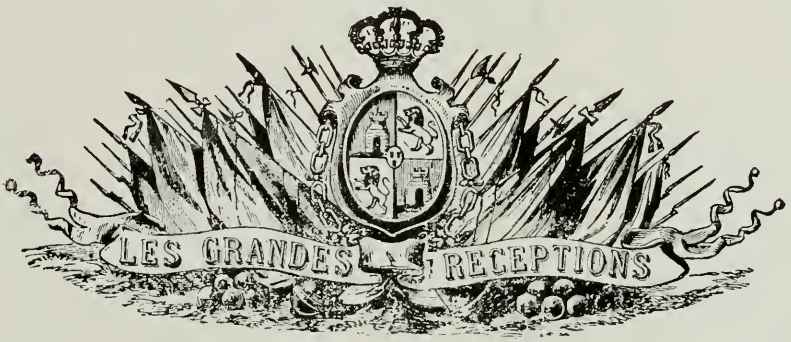
Zur Geburtstagsfeir

Sr. Majestaet des Kaiser
Koenigs

Berlin, Den 27, Januar, 1903

SPEISEN-FOLGE

Verschiedene Vorspeisen
Kraftbruehe mit Einlage
Seezungenfilets
nack Gastronomischer Art
Rindslendenbraten mit Bearner
Sauce
Prager Schinken in Burgunder
Garniert mit Jungen Gemuesen
Hummer mit Raviogotte Sauce
Sorbet
Junge Pute mit Maronen Salat
Stangenspargel mit Musselin
Sauce
Eisbombe Feines Gebaeck
Kaesestangen
Fruechte



Almuerzo de SS. MM.

12 de Enero de 1910.

Sopa Germiny

Blanchaille

Wien Schnitzel

Patatas á la mayordomo

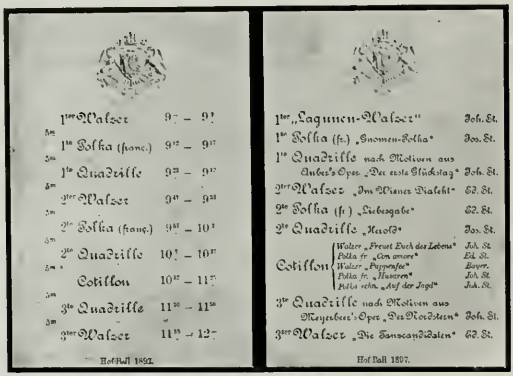
Perdices asadas, salsa de pan

Ensalada

Endivias á la flamenca

Krapfen

MENU FROM THE KING OF SPAIN'S TABLE



	1ter Walzer	9[7] – 9[7]
5m	1te Polka (franc.)	9[12] – 9[17]
5m	1te Quadrille	9[22] – 9[27]
5m	2ter Walzer	9[32] – 9[37]
5m	2te Polka (franc.)	9[42] – 10[2]
5m	2te Quadrille	10[7] – 10[12]
5m	Cotillon	10[17] – 11[7]
5m	3te Quadrille	11[20] – 11[25]
5m	3ter Walzer	11[30] – 12[7]

Hofball 1862.

	1ter „Lagunen-Walzer“	Joh. St.
	1te Polka (fr.) „Gnomen-Polka“	Jos. St.
	1te Quadrille nach Motiven aus Auber's Oper „Der erste Glückstag“	Joh. St.
	2ter Walzer „Im Wiener Dialekt“	Ed. St.
	2te Polka (fr.) „Liebesgabe“	Ed. St.
	2te Quadrille „Nanon“	Jos. St.
	Cotillon: „Walzer „Freut Euch des Lebens“	Joh. St.
	Cotillon: „Polka fr. „Ein amore“	Ed. St.
	Cotillon: „Walzer „Puppenfee“	Bayer.
	Cotillon: „Polka fr. „Hussaren“	Joh. St.
	Cotillon: „Polka schn. „Auf der Jagd“	Jos. St.
	3te Quadrille nach Motiven aus Meyerbeer's Oper „Der Nordstern“	Joh. St.
	3ter Walzer „Die Tonkünstler“	Ed. St.

Hof Ball 1897.

SITZ-LISTE

zur

Allerhöchsten Tafel in der grossen Galerie

in Schönbrunn,

Mittwoch den 4. November 1896, um 6 Uhr.

Grossbr. Botschafts-Rath Mühlanke
Duc de Noailles
Duc de Brissac
Vicomtesse Valmor
Minister-Präsident Graf Badeni
Herzogin v. Sabran
Port. Obersthofmeister Graf Farolho
Herzogin v. Luynes
Span. Botschafter Marquis Hoyos
Prinz August v. Sachsen-Coburg
Erzherzog Joseph August
Prinzessin Louise v. Orléans
Erzherzog Friedrich
Prinzessin Isabella v. Orléans
Erzherzog Franz Salvator
Prinzessin Louise v. Bayern
Erzherzog Leopold Ferdinand
Prinzessin Isabella, Gräfin v. Eu
Erzherzog Ludwig Victor
Herzogin v. Aosta
Erzherzog Otto
Prinzessin Isabella, Gräfin v. Paris
So. k. u. k. Apostol. Majestät,
I. M. die Königin v. Portugal
Herzog v. Connaught
Erzherzogin Maria Josepha
Herzog v. Aosta
Herzogin v. Chartres
Prinz Alfons v. Bayern
Prinzessin Eulalia, Infantin v. Spanien
Erzherzog Peter Ferdinand
Prinzessin Louise v. Sachsen-Coburg
Prinz Peter v. Orléans
Fürstin Margarethe v. Thurn und Taxis
Erzherzog Eugen
Prinzessin Dorothea v. Sachsen-Coburg
Prinz Ferdinand, Herzog v. Montpensier
Prinz Ludwig v. Sachsen-Coburg
Herzogin v. Luynes-la Rochelaincault
Minister Graf Goluchowski
Herzogin v. Noailles
Minister-Präsident Fürst v. Hanau
Comtesse de Chastenay
Duc de Luynes
Duc de Rohan
Duc des Cars
Prinz v. Broglie

Fürst Adam Czartoryski
Marquis d'Harcourt
Duc de Lorge
Comtesse de la Ferronnays
Duc d'Uzès
Prinzessin v. Broglie
Bayr. Gesandter Baron Pidoll
Herzogin v. Lorge
Fürst Albert v. Thurn und Taxis
Herzogin d'Uzès-Mortemart
Ital. Botschafter Graf Nigra
Marquise Hoyos
Prinz Leopold v. Sachsen-Coburg
Herzog Siegfried in Bayern
Prinz Ludwig v. Orléans
Erzherzogin Elisabeth Henriette
Prinz Heinrich v. Orléans
Erzherzogin Augusta
Erzherzog Joseph Ferdinand
Prinzessin Sophie, Herzogin v. Alençon
Erzherzog Joseph
Prinzessin Clementine v. Sachsen-Coburg
Herzog v. Chartres
Erzherzogin Maria Dorothea
Herzog Louis Philipp v. Orléans
Erzherzogin Clotilde
Prinz Aosta, Graf v. Eu
Erzherzogin Alice, Grossherzogin v. Toscana
Prinz Ferdinand, Herzog v. Alençon
Erzherzogin Isabella
Prinz Antoin, Infant v. Spanien
Erzherzogin Maria Christina
Prinz Emanuel, Herzog v. Vendôme
Erzherzog Rainer
Prinz Philipp v. Sachsen-Coburg
Prinz Anton v. Orléans
Oberstthofmeisterin Herzogin v. Palmella
Erzt. Oberstthofmstr. FML. Prinz Liechtenstein
Herzogin v. Rohan
Port. Gesandter Vicomte Valmor
Herzogin des Cars
Duc de la Trémoille
Baronin Pidoll
Duc Decazes
Marquis de Vogüé
Comte d'Hausonville
Fürst Witold Czartoryski

94 Personen.

Dîner du 8 Septembre 1874.

POTAGE.

Potage à la Grecque

HORS D'OEUVRE.

Truffes à la serviette.
Saumon d'Ecosse, sauce anglaise.

RELEVÉS.

Pièce et filet de bœuf à la jardinière.

ENTRÉES.

Suprême de poularde à la Diplomate
Homards à la gelée, sauce ravigote.

SORBET

RÔTS.

Faisans de Bohême.

ENTREMETS.

Petits pois gras, de fonds d'artichauds
Gâteau de congres aux fruits.
Pouding à la Maltaise.

FROMAGE.

Fromage de Chester.

GLACES.

Glaces aux fraises et au chocolat

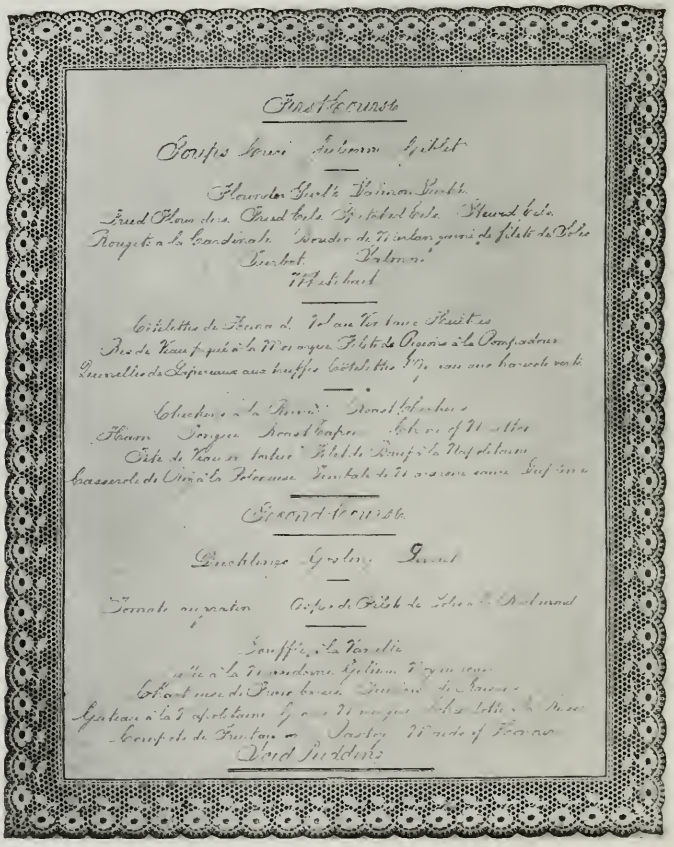
DESSERT.

MENU, TABLE PLAN AND MUSICAL PROGRAM FROM THE COURT OF AUSTRIA

MENU OF THE LARGEST BANQUET IN THE WORLD

This banquet of 50,000 covers was tendered to the ex-President of the Republic of France, Emil Loubet, under the auspices of the big daily paper of Paris, "Le Matin."

EMIL LOUBET



MENU OF AN ENGLISH DINNER GIVEN IN 1811—THE OLDEST BILL OF FARE IN THE COLLECTION

A HUNGARIAN DINNER IN MEMORY OF KOSSUTH LAJOS, THE FAMOUS HUNGARIAN PATRIOT.

Fest-Tafel

aus Anlaß der

Betriebseröffnung des städtischen Gaswerkes

am

Dienstag, den 31. October 1899

im

Festsaale des Rathhauses.

Speisen-Folge:

Dreher-Bier	Hühnerbrühe nach Königsart
Poysdorfer Burgunder 1886	Fogosch am Dockl mit Eiertunke
Buntramsdorfer 1893.	Rindslende nach englischer Art mit feinem Gemüse
Gainfarner 1895	Bries-Gericht nach französischer Art
Jules Mumm dry England	Steirische gemästete Hühner Dunstobst und Salat
	Chocolade-Pudding
	Eis in Form
	Käse
	Obst
	Backwerk
	Kaffee.

Josef Dombacher

Rathhauskellerwirth.

MUNICIPAL DINNER GIVEN BY THE CITY OF VIENNA AT THE TOWN HALL ON THE OCCASION OF THE OPENING OF THE MUNICIPAL GAS WORKS

Zur feierlichen Einführung
des
hochw. Herrn Pfarrers Josef Dittrich
in das
Pfarramt der Pfarrkirche St. Josef, Wien, V.

Wien, den 24. Mai 1903.

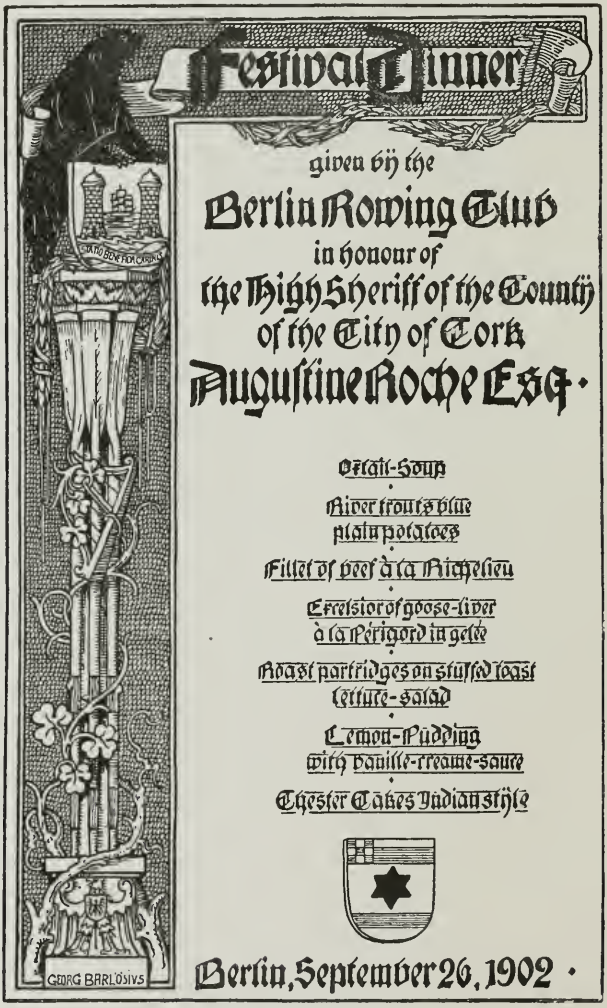
Speisen-Folge:

Pilsener Aktien-Bier	Hühnerpürree
Zöbinger Heiligensteiner	Donauschill mit Weintunke
Gainfarner	Ochsenrücken nach engl. Art mit Gemüsen
Lampelberger 1900	Spargel nach Wiener Art
Gumpoldskirchner 1900	Heuriges Gansl
	Salat
	Crême-Poudding
	Eis in Form
	Verschiedene Käse
	Nachtisch
	Kaffee.

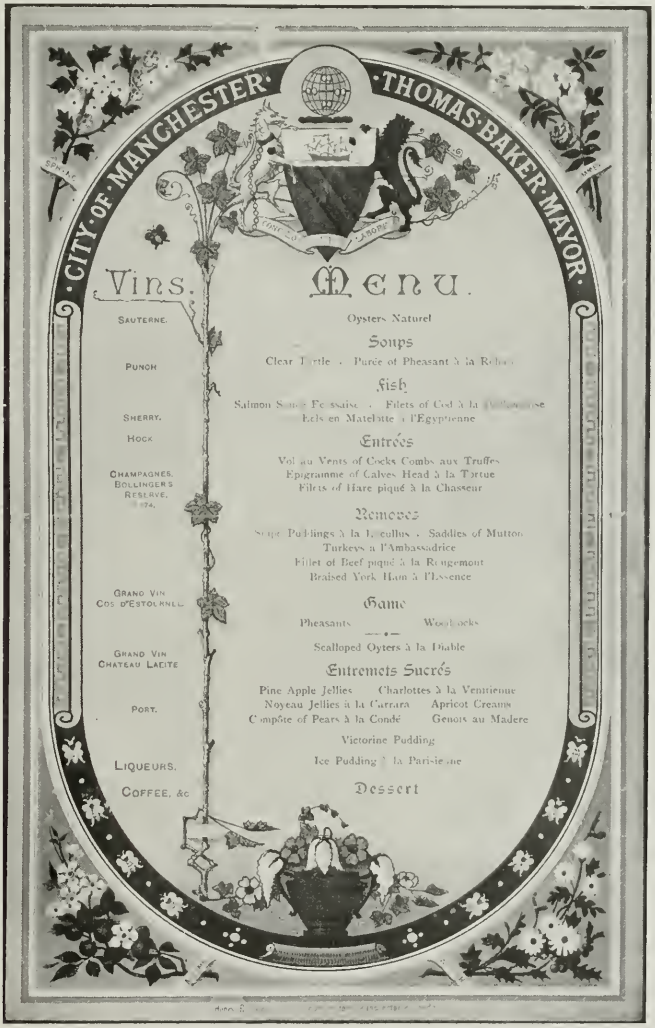
Josef Dombacher,
Rathauskellerwirt.

COMPLIMETARY DINNER GIVEN TO A CATHOLIC PRIEST AT TOWN HALL IN VIENNA

(Cocktail is practically unknown in Vienna, and a glass of Pilsener beer is served instead, as an appetizer.)



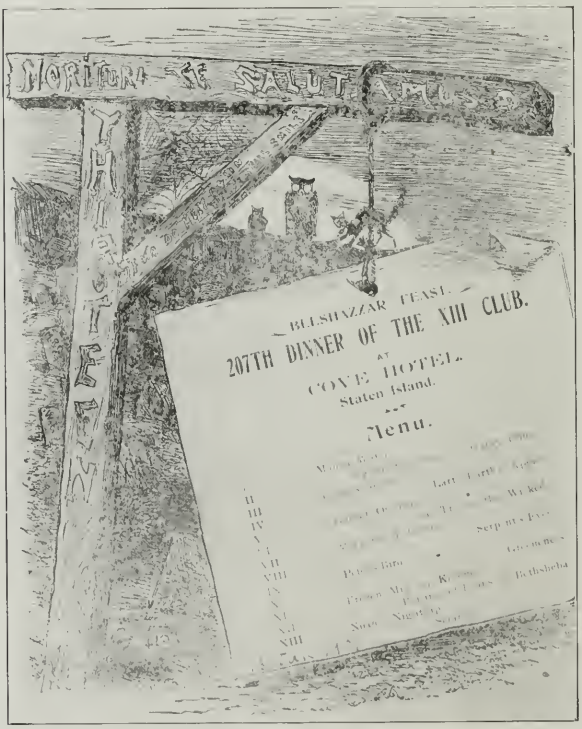
AN ENGLISH DINNER IN BERLIN.



A MUNICIPAL DINNER BY THE CITY OF MANCHESTER, ENGLAND.

MENU OF A BUFFET GIVEN BY THE CITY OF KARLSBAD, THE FAMOUS WATERING PLACE OF EUROPE, ON THE OCCASION OF THE SEVENTY-FOURTH CONGRESS OF GERMAN SCIENTISTS

A HISTORICAL DINNER GIVEN TO THE EARL OF DERBY, PRESIDENT OF THE SCIENTIFIC INDUSTRY, MANCHESTER, ENGLAND



The XIII Club of New York City—It Defies Superstition

15 Mai 1903

238e Marmite

Menu

Croûte au Pot à l'Ancienne

Petits Vol-au-Vent a la Mâtignon

Soles à la Dieppoise

Filet de Bœuf garni à la Richelieu

Côtelettes d'Agneau à la Carême

Canetons nantais rôtis à la broche

Salade de Laitues

Petits Pois à la bonne femme

Biscuit glacé à la Chantilly

Dessert

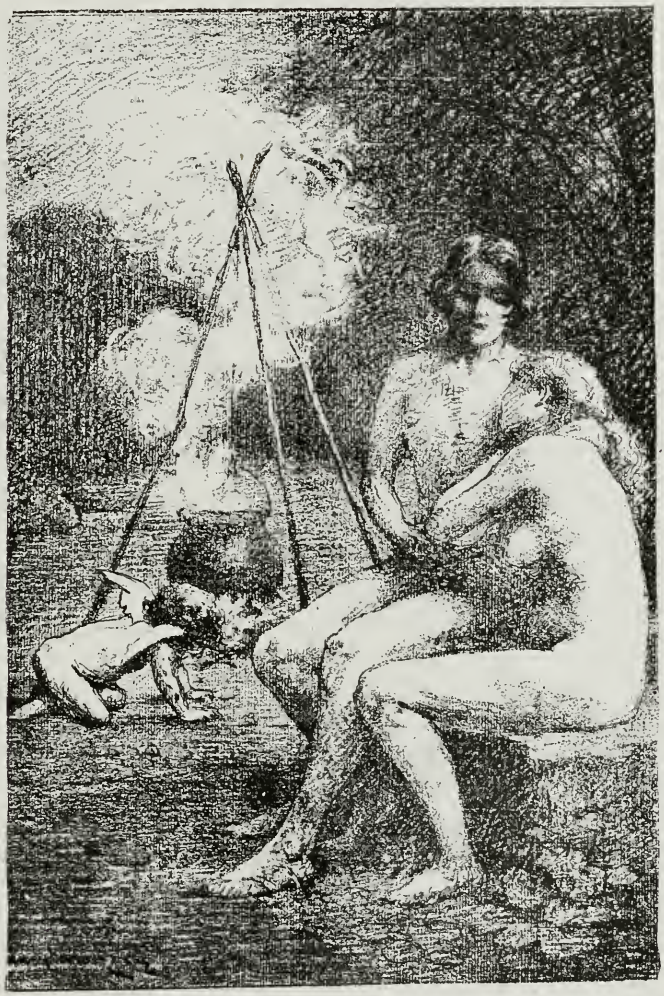
VINS

Médoc Vieux
Graves
Beaune 1ère
Champagne Arthur de Bary & Cie

Café et Liqueurs

DEVAMBEZ, GRAVEUR

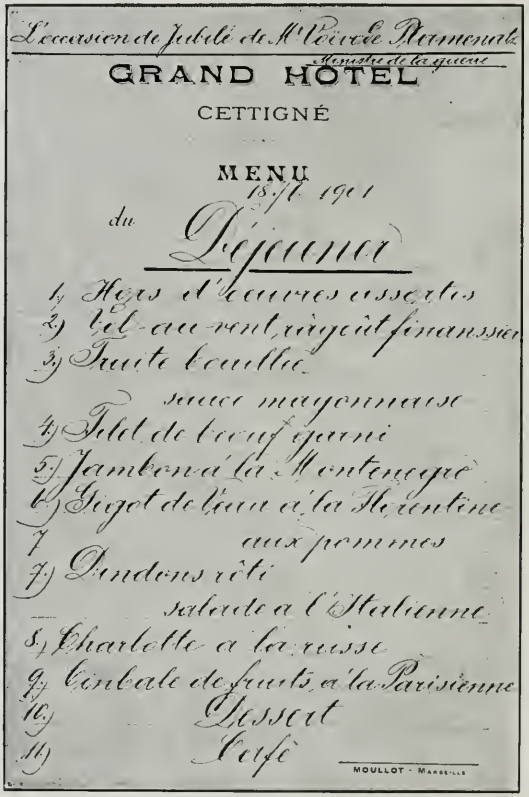
Paris
Grand Hotel.



MENU OF ONE OF THE UNIQUE "MARMITE" DINNERS GIVEN BY A NOTED SOCIETY OF ARTISTS AND GOURMETS OF PARIS.

MENU OF ONE OF THE LAST BANQUETS TENDERED TO PRESIDENT WILLIAM McKINLEY, BY THE CITIZENS OF NEW NEW ORLEANS, AT THE ST. CHARLES HOTEL, MAY 1, 1901

AN ELK FEAST GIVEN AT THE BROWN PALACE HOTEL
DENVER, COLORADO



L'occasion de Jubilé de Mr Voïvode Plamenatz
Ministre de la guerre

GRAND HÔTEL

CETTIGNÉ

MENU

18/6 1901

du Déjeuner

1) Hors d'oeuvres assortis
2) Vol-au-vent, ragoût financier
3) Truite bouillie
sauce mayonnaise
4) Filet de boeuf garni
5) Jambon à la Montenegro
6) Gigot de Veau à la Florentine
7 aux pommes
7) Dindons rôti
salade à l'Italienne
8) Charlotte à la russe
9) Cimbale de fruits à la Parisienne
10) Dessert
11) Café

MOULLOT - MARSEILLE

Menu of a Luncheon Tendered to the War Minister of Montenegro in Cettigne, the Capital

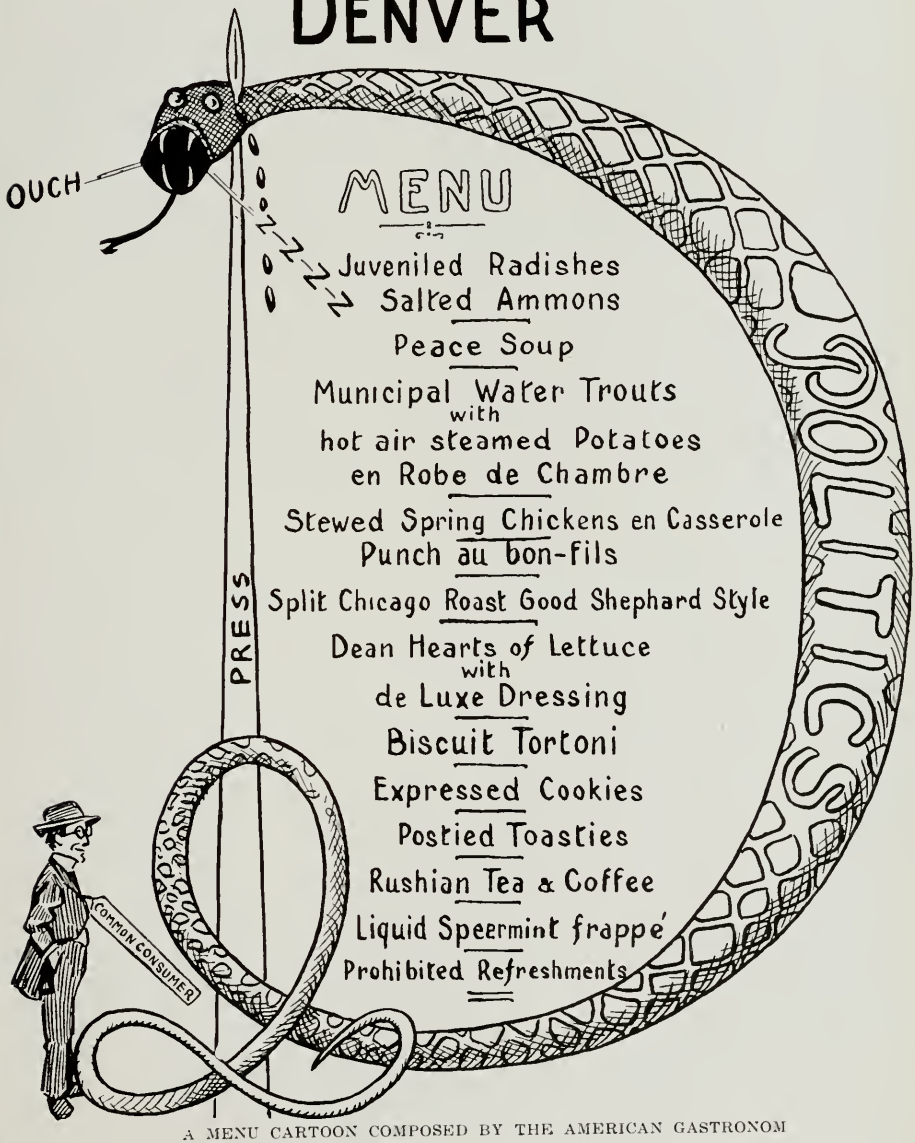
BANQUET TO MAJOR-GENERAL OLIVER OTIS HOWARD, U. S. ARMY (RETIRED) ON THE OCCASION OF HIS SEVENTIETH BIRTHDAY NOVEMBER 8, 1900, AT THE WALDORF ASTORIA

MENU OF THE 27TH ANNUAL BANQUET OF THE HOTEL ASSOCIATION OF NEW YORK CITY.

MENU

Huitres de Cape Cod Consomme, a la Argenteuil
Tortue Verte Claire
Mousse de Jambon, a la Venitienne
Radis, Olives, Celeri, Amandes Salees
Medallion de Kingfish, Sultane
Salade de Concombres
Supremede de Volaille Boistel
Terrepene, a la Philadephie
Noisettes de Filet de Boeuf, Sauce Madere
Pommes de Terre, Polastine
Haricots, Verts Nouveaux
Sorbet de Fantalsie
Canard de Tete Rouge Roti
Hominy Frit Gelee des Groseilles
Pate de Foie Gras Bellevue Salade de Saison
Glaces, Assorties Petits Fours Fruits
Cafe

LOCAL PEACE BANQUET OF DENVER



MENU

Juveniled Radishes
Salted Ammons

Peace Soup

Municipal Water Trouts
with
hot air steamed Potatoes
en Robe de Chambre

Stewed Spring Chickens en Casserole
Punch au bon-fils

Split Chicago Roast Good Shephard Style

Dean Hearts of Lettuce
with
de Luxe Dressing

Biscuit Tortoni

Expressed Cookies

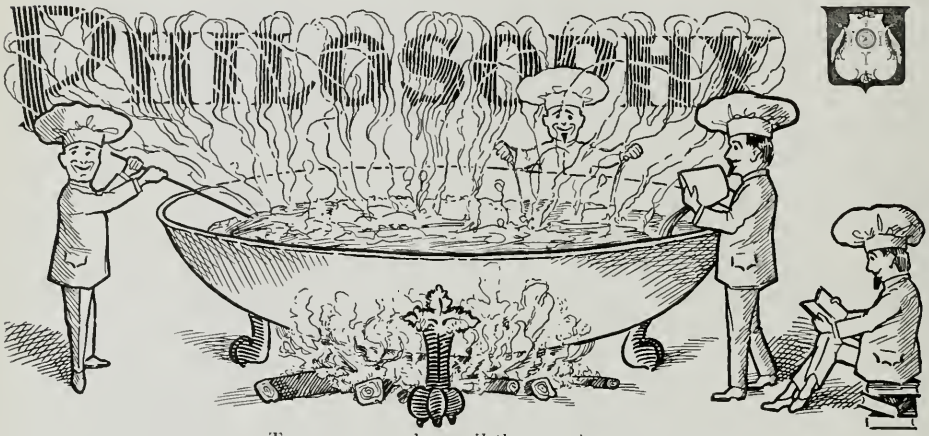
Postied Toasties

Rushian Tea & Coffee

Liquid Speermint frappé

Prohibited Refreshments

A MENU CARTOON COMPOSED BY THE AMERICAN GASTRONOM



Too many cooks spoil the soup!
Too many lawyers loose a case!
Too much knocking is a boost!
Too many wets make it dry!
Too much laughing makes you cry!

The noblest standard of any nation is the knowledge of gastronomy.

A meal eaten in haste spoils its charm and taste.

An appetite for good taste makes life a pleasure.

Good food in the stomach brings good thought in the mind.

Irish stew, Hungarian goulash and French ragout have made these nations famous.

A glass of wine on time is better than medicine, when too late.

A man who has no time to eat has no time to live.

Champagne served in a water glass tastes like beer in a teacup.

To reduce the high cost of living is to reduce the cost of high living.

Trace your nervousness to the bad condition of your teeth.

Love commenced with cooking a dinner.

A sound and solid set of teeth in your mouth assures a healthy stomach.

The best life preserver is a good cook.

An epicure's favorite dish includes calf's head, pig's feet, turkey wings and ox-tail.

To keep one in the best of moods
Is to cook and eat the best of foods.

A well prepared dinner enlivens the mind and opens the heart.

A poorly nourished body can be easily diagnosed by the sad eye, the pallid cheek, the dragging walk and the lack of ambition.

A husband will hesitate a long time before he will divorce a wife who is a good cook.

You may go, but good cookery will bring you back.

I'd rather be a beggar and eat like a king than be a king and eat like a beggar.

"Why do you roast me?" said the chicken.
"Why do you make me squeal?" says the pig.
"You always put me in the stew," says the oyster.
"I'm the best mixer," says the hash.
"Look how I am dressed," says the salad.

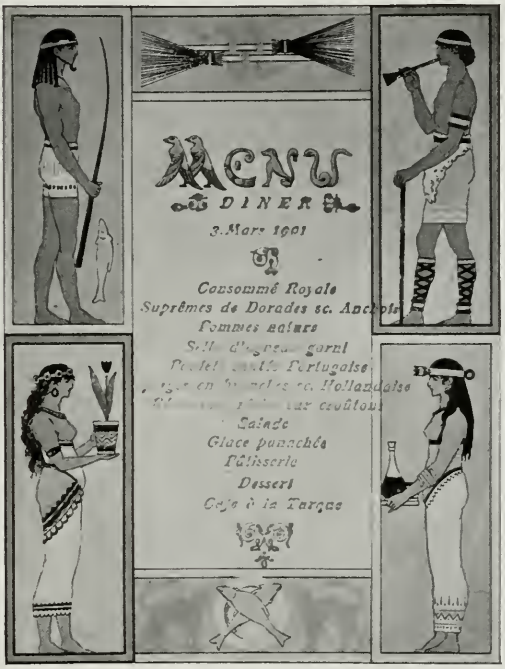
Artistically Designed Menus

and

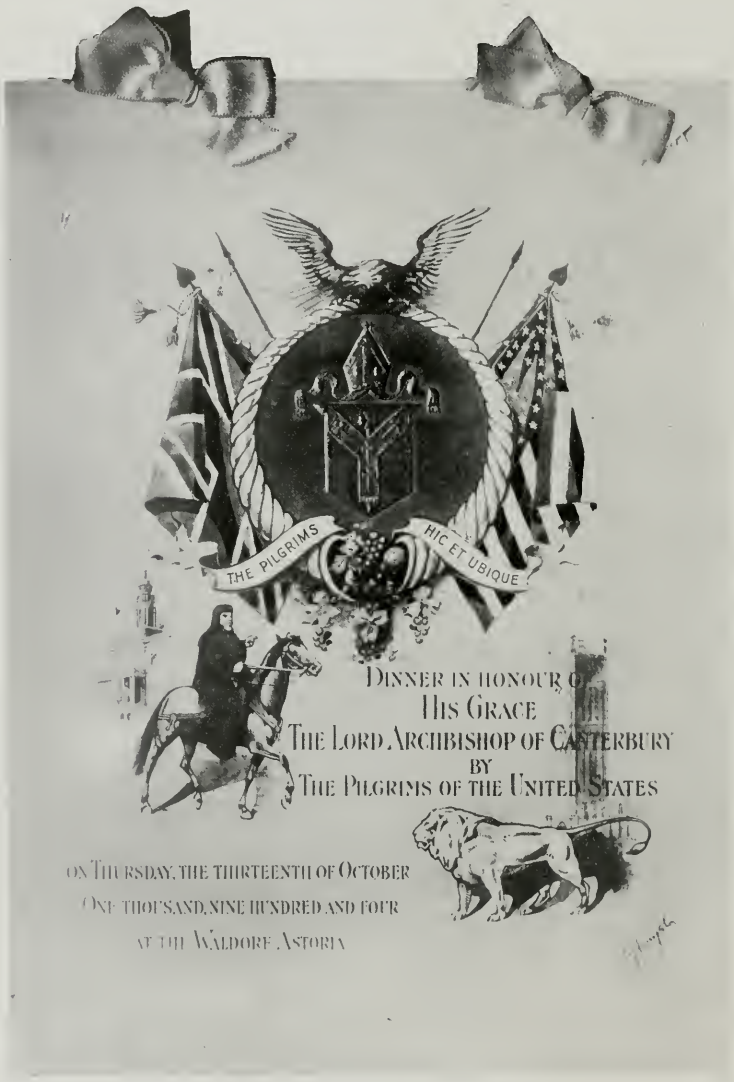
Bill of Fare Covers

From all Parts of the Globe

ANCIENT ROMAN



ANCIENT EGYPTIAN



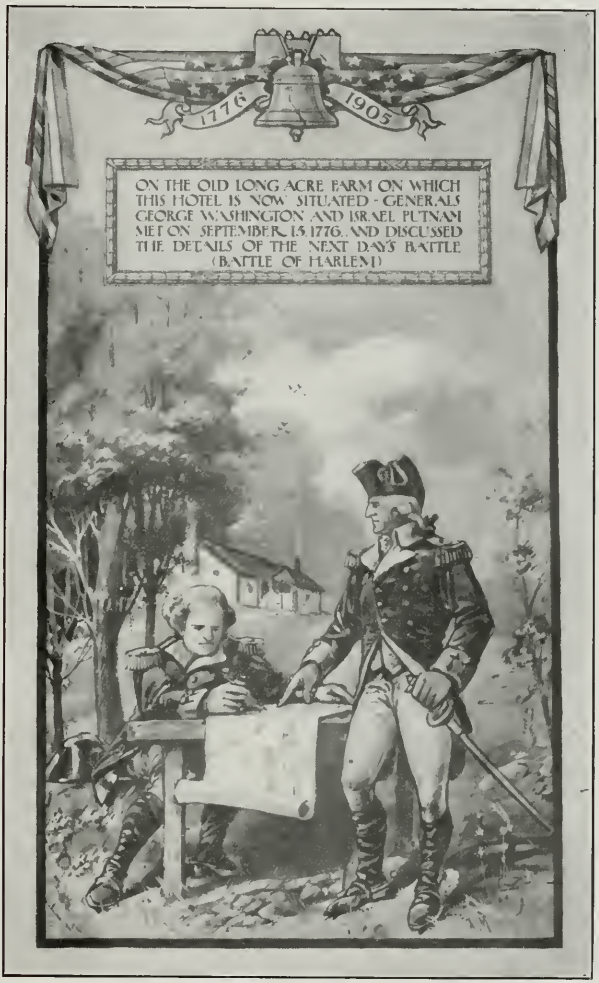
DINNER GIVEN IN HONOR OF HIS GRACE, THE LORD ARCHBISHOP OF CANTEBURY BY THE PILGRIMS OF THE UNITED STATES, NEW YORK CITY, OCTOBER 13, 1904

A LINCOLN MEMORIAL DINNER.

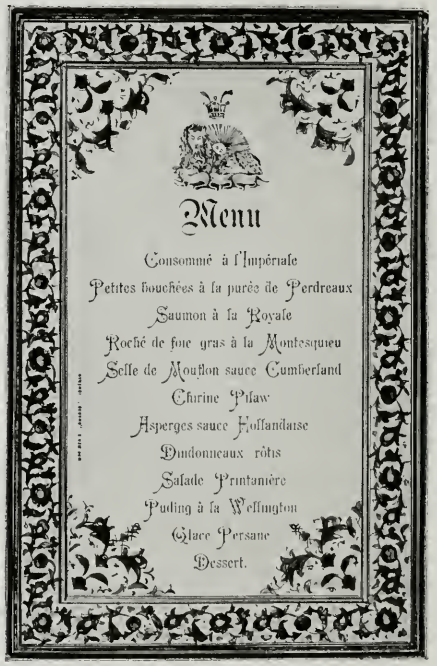
PERA PALACE HOTEL, CONSTANTINOPLE, TURKEY

HOTEL CONTINENTAL, ALGIERS, AFRICA

BILL OF FARE COVER, IMPERIAL HOTEL, TOKIO, JAPAN



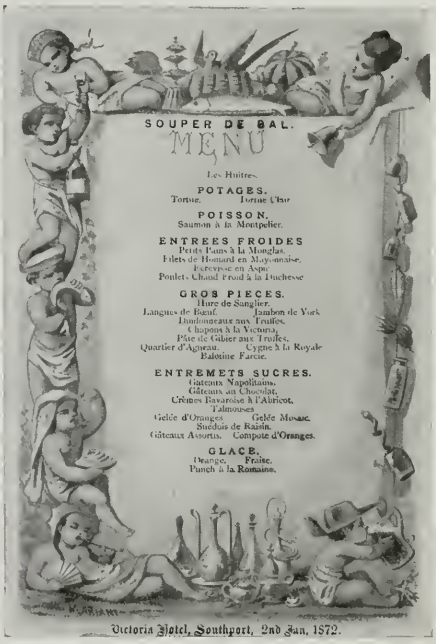
MENU COVER OF THE OPENING DINNER OF THE HOTEL ASTOR, NEW YORK CITY.



THE ENGLISH HOTEL, TEHERAN, PERSIA

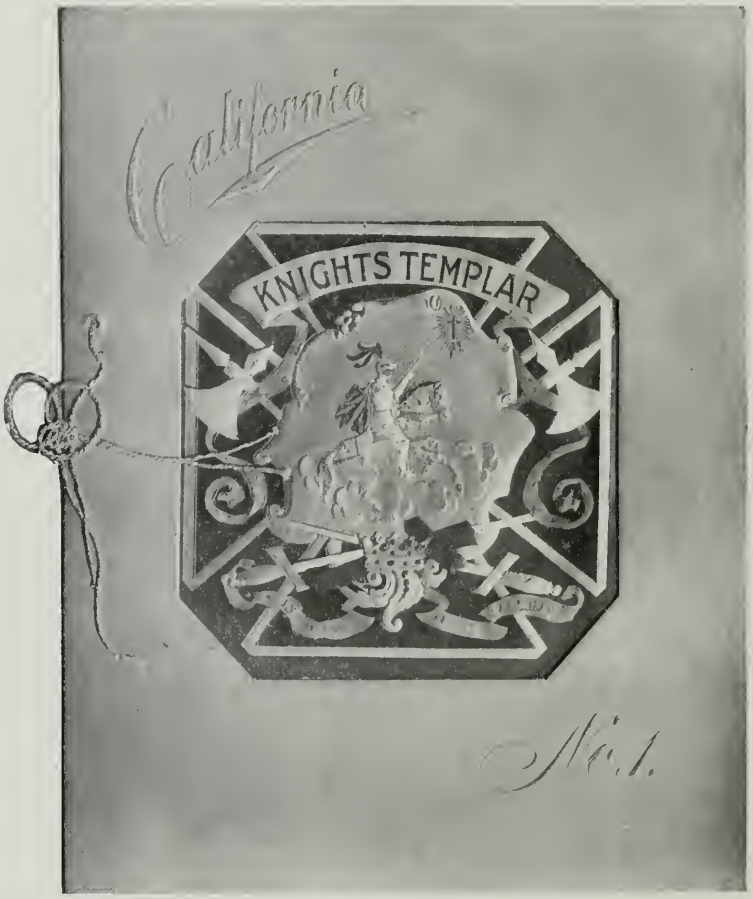
Fr. Monschein
Hôtel „zum goldenen Hirsch"
Wiener-Neustadt
Tafel-
Karte.
am 4. September 1892
Kraftbrühe mit Fleischklößchen,
Vorsenfe:
Ochsenrippenstück mit Gemüse,
Rehkeule mit Blätterteig u. Heidelbeeren
Gänse- und Entenbraten
mit eingemachten Früchten u. Salat.
Baumkirchner- u. Gewürz-Torte,
Käse Süßes Backwerk. Kaffee.

GERMAN



VICTORIA HOTEL, SOUTHPORT, ENGLAND

FROM THE FAMOUS SPA, KARLSBAD, BOHEMIA

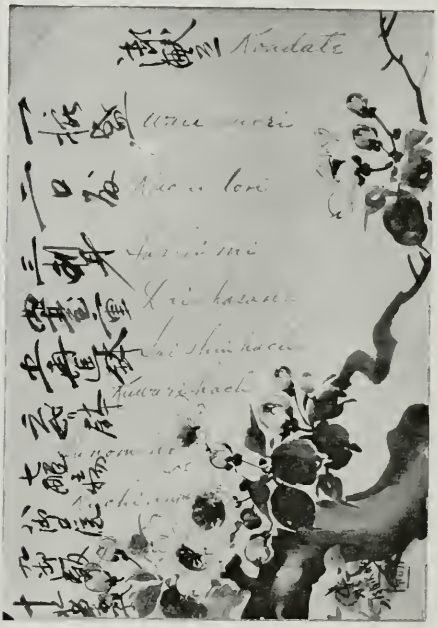


MENU COVER OF A NOTED KNIGHTS TEMPLAR BANQUET HELD AT THE OLD PALACE HOTEL, SAN FRANCISCO

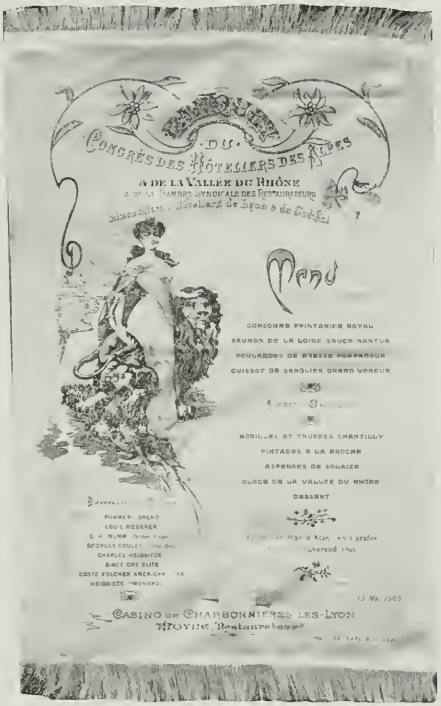
伊藤侯爵閣下歡迎
晩餐會獻立

明治三十八年十二月二十八日
帝國ホテルニ於テ

DINNER GIVEN TO THE JAPANESE GENERAL KITO, AFTER THE CONCLUSION OF THE JAPANESE-RUSSIAN WAR, TOKIO, JAPAN.



KOREAN



MENU OF A DINNER GIVEN BY THE FRENCH HOTELMENS' ASSOCIATION, LYON, FRANCE

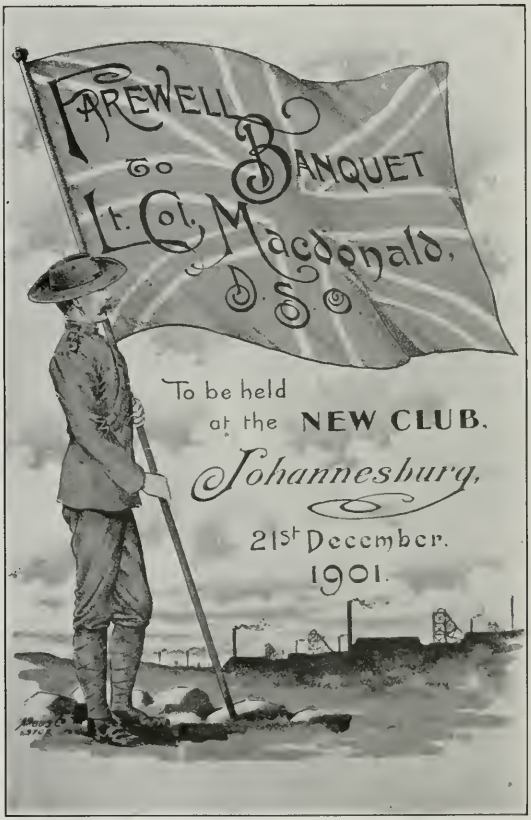
(It is printed on Silk, the chief product of this city.)

MENU OF A DINNER GIVEN DURING THE WORLD-FAMOUS CARNIVAL HELD ANNUALLY IN THE CITY OF COLOGNE, GERMANY

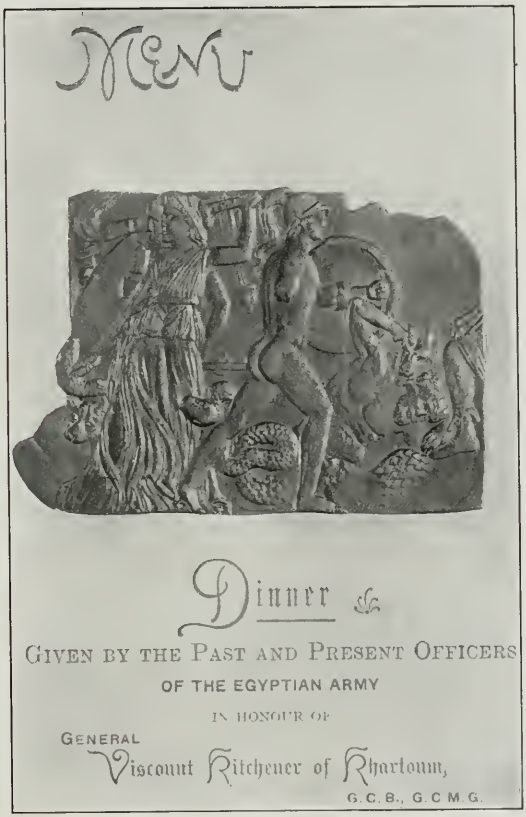
COVER OF THE MENU OF A DINNER GIVEN IN COMMEMORATION OF THE SIX HUNDREDTH ANNIVERSARY OF THE INDEPENDENCE OF THE SWISS COMMEMORATION OF ZURICH, SWITZERLAND, IN 1891

MENU COVER OF THE FOOTBALL GAME DINNER, PHILADELPHIA.

CELEBRATING THE ANNUAL FOOTBALL GAME OF THE ARMY AND NAVY.

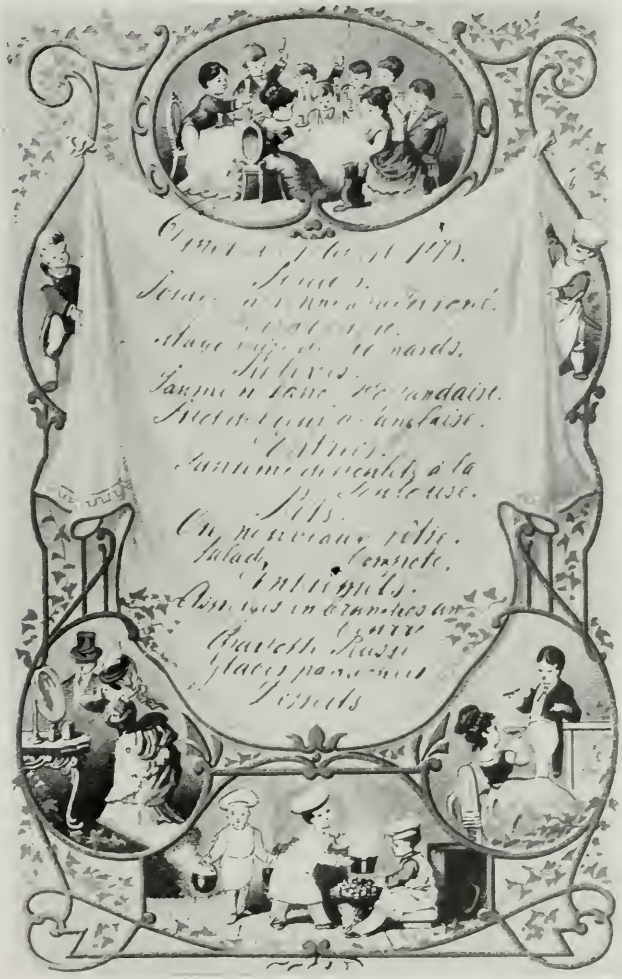


MENU OF A BRITISH BANQUET GIVEN DURING THE BOER WAR IN SOUTH AFRICA



A KITCHENER BANQUET HELD IN CARIO, EGYPT
(J. C. Lehner was personally in charge of the dinner)

A BILL OF FARE COVER OF A CHRISTMAS DINNER AT THE QUIRINAL HOTEL, ROME, ITALY, 1885



AN OLD-FASHIONED ENGLISH DINNER MENU, APRIL 18, 1874

GRAND HOTEL DE MADRID, MADRID, SPAIN

A HISTORICAL BALFOUR BANQUET

MENU OF A TABLE D'HOTE DINNER AT THE GALLE FACE HOTEL, COLOMBO, INDIA.

AN UNIQUE DINNER MENU OF THE RIDING CLUB, ZURICH, SWITZERLAND

THERMAL SULPHUR-BATHS HELOUAN

MENU

DINER

Noël 1900

Clear Turtle Soup
Potage Crème Britania
Filets de Soles à la Londonderry
Aloyau de bœuf, Continental
Suprème de Poulardes à l'Ambassadrice
Medaillons de foies-gras en Belln-vue
Gramolata à la Favorite
Faisans de Bohème truffés sur canapés
Salade Americaine
Asperges d'Argenteuil Sce. Ivoire
Plumpudding à la Wellington
Glace Venitienne
Gâteaux Royale
Dessert

HOTEL GRAND CONTINENTAL
CAIRO

GRAND CONTINENTAL HOTEL, CAIRO, EGYPT

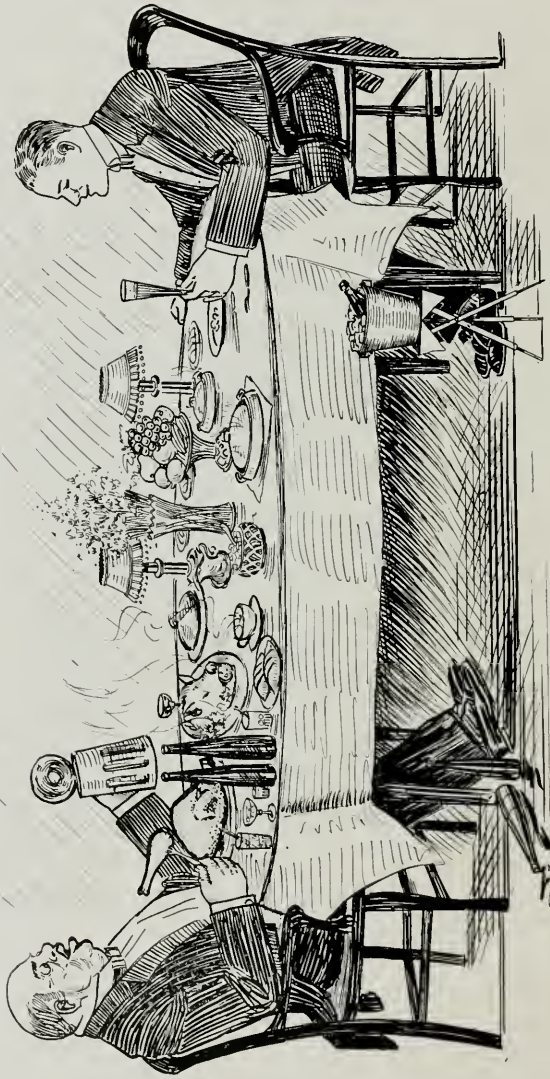
A BOER WAR LUNCHEON

MENU COVER OF THE DAILY BILL OF FARE, GRAND HOTEL, YOKOHAMA, JAPAN

BILL OF FARE COVER OF THE CHRISTMAS DINNER, PALACE HOTEL, SAN FRANCISCO, 1902

MOUNT NELSON HOTEL, CAPETOWN, SOUTH AFRICA

CHARACTERISTIC FRENCH



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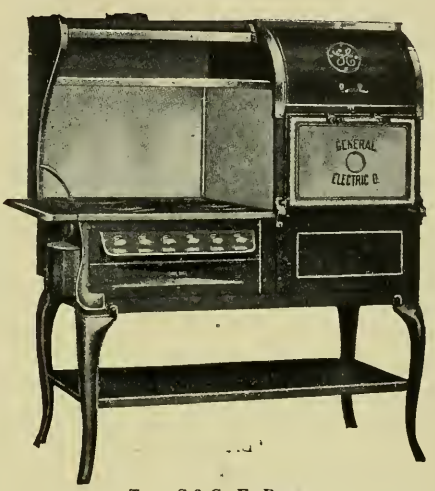

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Mr. and Mrs. Henry Ford
and Guests
—by—
DR. THOMAS ADDISON
Pacific Coast Manager of the General Electric Company
at their exhibit in
The Electrical Home in the Building of Manufactures,
P.-P. I. Exposition,
Thursday, October 21, at 6 p. m.

— MENU —

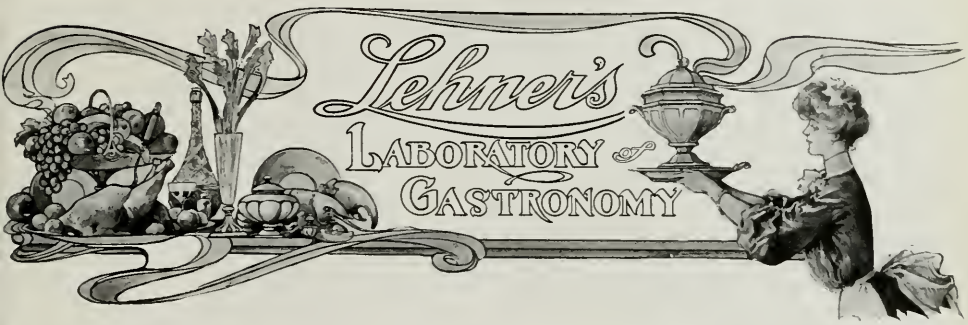
California Fruit Cocktail
Green Turtle Soup Portola-Louvre
Lobster Patties Edison
Noisette of Lamb Henry Ford
Squabs Loucile
Cauliflower Polonaise
Potatoes Rissolees
Pan Cakes, Villa Montfleuri

—PIECE DE RESISTANCE—
Originated by the American Gastronom
"Burbank Fruit Pudding, a la Ford, with Edison Light Sauce"

American Savories
Cafe Mephisto

WINE AND WATER
Italian Swiss Colony Chateau Asti
Apollinaris Cigars

Josef C. Lehner, The American Gastronom, In Uniform and Display at The "Portola- Louvre."
(Introduced by Al D. Short, Manager)



Preliminary Advice to the Housewife

ANY housewife who desires to follow instructions in cookery and is willing to adopt methods on how to cook must bear in mind that patience and time are the greatest necessities to accomplish anything in the art and science of cookery.

The housewife must devote some time daily for this purpose. Groceries, meat markets and bakeries are usually in the neighborhood, so that not much time can be lost in buying food. A few hours a day set aside for the preparing of the dinner or lunch will leave ample time for the other general housework, even sufficient time to go to matinees or for shopping purposes, and other recreations and pleasures. The better situated lady who is fortunate enough to be able to keep servants, will, of course, enjoy this convenience; however, the supervision of cookery should remain directly under the management of the lady of the house, rich or poor.

To give an example in extraordinary patience, we will mention that displayed by the famous monks of the Chartusian Order, who made "Chartreuse" known the world over. How do they make this delicious cordial? The secret is nothing but their extraordinary patience; it required years and years to perfect the recipe for this famous and aromatic liquor, which consists of the essence of carnation, abstintions and the young buds of the pine trees. With these three ingredients the monks toiled from year to year to obtain this elixir of life from the crystal drops which fell slowly from the old-fashioned distilling apparatus.

The plan here laid out will introduce a simple method of general cooking as it appears on the menu, from soup to nuts, and will clearly explain the various processes of cookery.

How to make soup: clear and thick.
Eggs and Omelettes.
Fish and fish sauces.
Shellfish.
How to select meats.
Delicious entree dishes.
Gravies and meat sauces
Cooking and serving of meats.
Poultry and game.
Potatoes and vegetables.
Salads and salad dressings.
Puddings and jellies.
Cakes, pastry and pies.
Ice cream and water ices.
How to serve fruits and cheese.
Bread and rolls.
Coffee.

In conclusion suggestions will be made the dishes of various cookery. These various instructions, advices and hints, if thoroughly studied and practiced, there is no doubt will make any person an efficient cook.

Composing and Serving a Dinner

In the selection and serving of a dinner there is just as much care required as there is in its preparation. It is necessary to know what sort of food is in season, which should be always preferable, particularly in fish, game and fowl. The average dinner of today consists of relishes; of soup, either a consomme (clear soup) or a thick soup; one kind of fish; one entree; a sherbet; one roast, either with vegetables, or if preferred, with salad, but either one may be served as a separate course; one or two sweet dishes, such as pudding or ice cream; fruit, cheese and coffee. A dinner like this can be prepared very elaborately, and of course much depends on the skill of the cook.

In choosing the various dishes which shall constitute the dinner there shall be as much variety as possible, each course should be distinct and different in taste and preparation. Beginning with relishes there are various kinds, such as the plain American relishes, consisting of salted almonds, green or ripe olives, celery or radishes. Many people prefer the so-called French hors d'oeuvres, which are very appetizing and much liked by the cultivated diner. These consist of several well seasoned and spiced dishes, served nicely arranged, on one tray. Very appropriate for this particular course are sardines, sausages, herring salad, hard boiled eggs or sliced calf's head with vinaigrette dressing, smoked salmon, anchovies, Westphalian ham, mayonnaise of fish, stuffed celery, tomatoes buttered with caviar. For more elaborate dinners you might select a Russian buffet. Most suitable for such purposes are caviar, pate de foie gras, salami, anchovy, sardines on small diamond-shaped toast spread out on a large platter. The Russian buffet is usually served with the cocktail or sherry in the assembly room of the guests and not at the dining-room table. During the summer time fruit is greatly favored before the soup, served very cold. Grape-fruit, cantaloupe, melons, strawberries or a combination of several of those fruits and mixed with some liquor are greatly favored.

There is another dish which can be served before the soup—that is oysters or clams and a glass of Chablis served with this course will greatly bring out that distinction that hosts and hostesses like to show so much. The soup may be served clear, or thick; when clear, in cups.

In preparing the fish, entree and roast, see that each is prepared in a different way, either with a sauce or saute style. If the fish is boiled, then see that the entree is without any rich sauce, nor stewed or boiled. With the fish you might suggest a glass of sauterne.

The difference between the entree and roast should at all times be the color of the meat. If you serve chicken or turkey as roast, you select a dark meat for entree. For instance, filet Mignon or Noisette of lamb. If the roast is dark meat, such as game, you select white meat for the entrees—sweetbread, supreme of chicken and veal give you splendid material for delicious entree dishes. If you choose an entree dish of dark meat, serve claret or Bordeaux wines. If you choose white meat as entrees, serve Rhine or Moselle wines. With the roast is usually served the champagne.

Should there be another course between the entree and roast, which is known as gross piece or joint, for instance, a saddle of lamb, a glass of Burgundy is the most suitable wine to be served with it.

With the dessert, you have two choices of dessert wine—either port wine or Tokayer. Cordials and brandies are served with the coffee.

The success of a dinner depends largely on the aforesaid details—the accuracy of service is essential, while the one in charge must at all times see to it that everything, which is to be served hot, is hot, while those dishes which are supposed to be served cold, are cold, and not kept standing for some time in the hot kitchen.

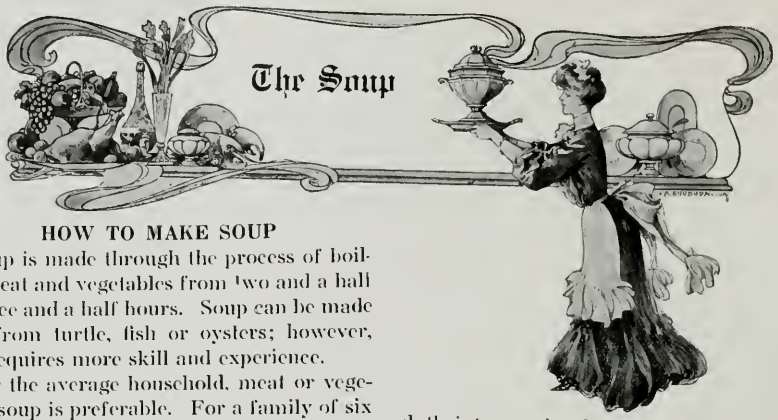
THE TABLE

No silent educator in the household has higher rank than the table. Surrounded three times a day by the family, who gather from their various callings and duties, eager for refreshment of body and spirit, its impressions sink deep, and its influences for good or ill form no mean part of the warp and woof of our lives. Its fresh damask, bright silver, glass and china, give beautiful lessons in neatness, order and taste; its damask soiled, rumpled and torn, its silver dingy, its glass cloudy and nicked, annoy and vex at first, and then instill their lessons of carelessness and disorder.

An attractive, well ordered table is an incentive to good manners; and being a place where one is inclined to linger, it tends to control the bad habit of fast eating. An uninviting, disorderly table gives license to vulgar manners, and encourages that haste which has proven so deterious to the health of Americans. It should therefore be one of our highest aims to bring our table to perfection in every particular.

To this end cleanliness, order and taste must be most carefully observed. Beautiful damask has no charm if soiled; but be it ever so old, worn and darned, if white and well-ironed it commands respect. Even where no tablecloth can be afforded, the well-scoured pine table is most welcome, and so beautiful in its whiteness that we almost persuade ourselves it is better than damask. Silver has no attraction if dull and tarnished. Sticky pitcher and teapot handles, streaked china, murky glass, the molasses pitcher dotted with hints of its contents, cruets with necks and stoppers dingy and thick with dried condiments, stray crumbs of bread and spatters of gravy in the lumpy salt of the smeared salt cellars, are all most repugnant. And if, moreover, one knows that a similar regime controls the cooking for such a table, though the rolls be ambrosia and the coffee nectar, they cannot tempt the appetite. But the most thorough cleanliness will not atone for a lack of order. The tablecloth may be clean and white, but unless well-ironed and laid straight, it is very unsatisfactory.

Then taste must come in for its share. The selection of silver and china, glass and damask, gives fine scope for its exercise. Let all be of beautiful design, the damask particularly, and of as choice a quality as can be afforded. "Extravagant!" say you. Then can you not dress more simply; and as you purchase a rare painting for the refinement and cultivation of your children, so furnish your table with this beautiful fabric, which is a study in its delicate tracery and artistic groupings. A fern leaf, a branch of roses, or spray of ivy by your child's plate may prove in later years to have been its first incentive to the study of art. In the appointments of the table very much depends on refined taste. Without it there may be a stiff bouquet in the center, with flowers fitted together like stones in a mosaic; with it there would be a loose, graceful arrangement of flowers, with drooping ferns, leaves and tendrils. Evidences of taste in the table are particularly acceptable to us, most deservedly so, and always worthy of cultivation, as they take from the grossness of indulgence in mere animal appetite. Let us give, then, to these three graces of the table—cleanliness, order and taste—the importance which so justly belongs to them; let us provide an abundant supply of wholesome food, well cooked and well served, and the hours spent at the table shall aid in our education.



HOW TO MAKE SOUP

Soup is made through the process of boiling meat and vegetables from two and a half to three and a half hours. Soup can be made also from turtle, fish or oysters; however, this requires more skill and experience.

For the average household, meat or vegetable soup is preferable. For a family of six persons a good size chicken between four and five pounds, or three pounds of the cheaper cuts of beef; add two gallons water, let this come to boil, then skim off the substance floating on the surface, add different vegetables, such as onions, parsley, quartered carrots, turnips, put two tablespoonfuls of salt and one teaspoonful of whole pepper corns, one bay leaf, and a pinch of saffron. Let this boil slowly for two or three hours until the meat is properly cooked. Strain the soup and your stock is ready. This can be used then to make all kinds of other soups You can also serve the plain soup, if cooked from beef, as beef broth; from chicken, as chicken broth; from mutton, as mutton broth, or clear consomme. The consomme is frequently served in jellied form on hot summer days.

BOUILLON BLANC—WHITE BROTH

Place in a large stock-urn on a moderate fire a good heavy knuckle of a fine white veal with all the debris, or scraps of meat, including bones, remaining in the kitchen (but not of game); cover fully with cold water, adding a handful of salt; and as it comes to a boil, be very careful to skim all the scum off—then put in two large well-scraped carrots (whole), two whole cleaned turnips, one whole large peeled onion, one well-cleaned parsley root, three thoroughly washed leeks and a few leaves of cleaned celery. Boil very slowly for six hours on the corner of the range; skim the accumulating grease off; then strain well through a wet cloth into a china bowl or a stone jar, and put it away in a cool place for general use.

CONSOMME PURE—CONSOMME PLAIN

Chop up a shin of beef of six pounds, and one-half pound of beef liver, put it in a large soup kettle with four well-scraped good-sized carrots, three large peeled onions, three well-washed and pared leeks, a few branches of celery, and one bunch of parsley roots, all well-scraped, washed and shred, six cloves, eighteen whole peppers, a bay leaf and the whites of six raw eggs, including their shells. Mix all well together, and then moisten with one gallon of cold "white broth," one quart of cold water and one glass of sherry. (All this should be done before the soup kettle has been placed on the hot range.) Stir thoroughly for two or three minutes without ceasing; and then place it on the hot range, add some debris of chicken, if any at hand. Boil slowly for about four hours, skim the grease off thoroughly, and then strain through a wet cloth into a china bowl or stone jar, and put away in a cool place for general use. Should the white broth that you may employ be hot, replace the cold water by a piece of ice well cracked, and the equivalent of a quart of water, adding it to the consomme very gradually at the beginning, but continually increasing, and stirring till all added. (Always taste if sufficiently seasoned before serving.)

POT-AU-FEU—FRENCH FAMILY SOUP

Thoroughly wash twice in cold water,

either six pounds of brisket or eight pounds of shin beef. Place it in the stock pot, and entirely cover with cold water; place it on the fire, and be very careful, as soon as it comes to a boil, to skim off all the scum. Add two medium-sized well-cleaned carrots, one turnip, one good-sized well-peeled onion with six cloves stuck in it, and two leeks tied together. Season with two pinches of salt and eighteen whole peppers; let boil for four hours. Strain either through a napkin or a sieve into a bowl; cut the carrots into pieces quarter of an inch thick, cut turnip the same, as also the leeks; add all these to the broth, and serve with six quarters of toasted rolls.

CREAM OF DRIED GREEN PEAS
(A Winter Season Soup)

Soak one pint of dried peas for four hours; then cover them with three pints of "white broth" or water. Put them in a saucepan, adding a "bouquet," a good-sized piece of salt pork (about two ounces), one carrot, one onion, three cloves and twelve whole peppers. Cook for forty-five minutes; then rub through a sieve, add two ounces of good butter, a cupful of cream, and serve with sippets of fried bread. Should water be used instead of broth, taste before serving to see if sufficiently seasoned.

OX TAIL A L'ANGLAISE
(English Ox Tail Soup)

Cut two ox tails into pieces, well washed, and fry them in a saucepan with a quarter of a pound of butter, fry for ten minutes on a hot stove. Moisten with two quarts of "consomme" and one pint of "Espagnole sauce." Cook for one hour, then season with a pinch of pepper and paprika, add one tablespoonful of well-washed barley, one teaspoonful of Worcestershire sauce, half a glass of Madeira wine, and a "bouquet." Boil thoroughly for forty-five minutes, skim off the fat, then serve with six slices of lemon, and one chopped hard boiled egg, and suppressing the bouquet.

MULLIGATAWNEY

Cut a medium-sized raw chicken in pieces, with a green pepper, an ounce of lean raw ham, and a finely sliced onion. Brown the whole for ten minutes in a saucepan; moisten with two quarts of "white broth," adding a half pint of finely cut "printanier," a teaspoonful of curry, and a green apple cut into small pieces, one slice of eggplant cut into small pieces and two tablespoonfuls of uncooked rice. Season with a tablespoonful of salt, some pepper; boil for thirty minutes and serve.

CROUTE-AU-POT—FRENCH FAMILY SOUP

Take two carrots cut in round slices, one turnip, cut the same, adding a few pieces of celery and half a quarter of chopped-up cabbage; stew them for ten minutes in a covered saucepan, with two ounces of butter; then moisten with three pints of "white broth," adding a half a tablespoonful of salt and a teaspoonful of pepper. Boil well for thirty minutes, and serve with six pieces of dry toasted rolls.

MINESTRA—ITALIAN SOUP

Cut up altogether into fine pieces two carrots, one turnip, two leeks, a quarter of a cabbage, one small onion, and one stalk of celery, a little garlic, and steam them in one-fourth pound of butter for about fifteen minutes in a covered saucepan; moisten with two quarts of "white broth," adding one tablespoonful of washed rice, a few sticks of macaroni, two sliced tomatoes, a "bouquet," a tablespoonful of salt, a teaspoonful of pepper and a little saffron. Boil well for thirty minutes, and serve with two tablespoonfuls of grated Parmesan cheese separately for each person.

CREAM OF SORREL

Boil three good handfuls of well-cleaned sorrel with one-fourth pound of butter. After cooking fifteen minutes, rub through a sieve into a saucepan; add two quarts of "white broth" and one pint of "bechamel sauce"; season with a tablespoonful of salt and a teaspoonful of pepper and let boil for twenty minutes. Thicken the soup before serving with half a cupful of cream and the yolks of three raw eggs well beaten together, adding six slices of bread toasted before serving.

Eggs and Omelettes

HOW TO CHOOSE EGGS

In putting the hand round the egg, and presenting to the light the end which is not covered, it should be transparent. If you can detect some tiny spots, it is not newly laid, but may be very good for all ordinary purposes except boiling soft. If you see a large spot near the shell, it is bad, and should not be used on any account.

POACHED EGGS

Have one quart of boiling water, a few drops of vinegar and one teaspoonful of salt in a frying pan. Break the eggs, one by one, into a saucer and slide carefully into the salted water. Cook until the white is firm and lift out with a griddle cake turner and place on toasted bread. Serve immediately.

EGGS WITH FRESH MUSHROOMS

Peel, wash and drain a quarter of a pound of fine, fresh mushrooms. Place them in a saucepan, with a tablespoonful of very good butter. Season with half a pinch of salt and a third of a pinch of white pepper, squeezing in first two drops of lemon juice. Cover the saucepan, and cook for ten minutes on a moderate fire. Add a quarter of a glassful of good Maderia wine; reduce to one-half, which will take two minutes, and now add a gill of bechamel sauce and let come to a boil again. Prepare fresh poached eggs; pour the sauce on a hot serving dish, keeping the mushrooms in the saucepan. Neatly lay the eggs over the sauce around the dish, and dress the mushrooms right in the center, and serve very hot.

EGGS COUNTRY STYLE

Put half a pint of cream into a dish on the fire, and when it boils break in twelve fresh eggs, season with a pinch of salt and twelve whole peppers; let cook for two minutes, and then set it in the oven for three minutes, so that the eggs get a good golden color, taking care that they do not harden. Remove from the oven, place the dish on another and serve. Sprinkle with chopped parsley and a few strips of bacon.

EGGS A LA MEYERBEER

Butter a silver dish and break into it twelve fresh eggs; or, if desired, use six small silver dishes, breaking two eggs into each one; then cook them on the stove for two minutes. Cut six lamb kidneys in halves, broil or stew them according to taste, then add them to the eggs and serve with half a pint of hot Perigueux sauce, heat it up well, but do not let boil; then pour over the eggs and serve immediately.

EGGS A LA BENNETT

Cut twelve hard-boiled eggs lengthwise, remove the yolks, and place them in a bowl with two ounces of good butter, a teaspoonful of anchovy essence and a pinch of chopped chives. Beat well together and fill the whites with it, sprinkle with bread crumbs and pour over a few drops of clarified butter; put them in the oven for three minutes on a buttered dish, and serve with half a pint of hot Madeira sauce thrown over.

EGGS A LA BECHAMEL

Pour one pint of bechamel, as per explanation, into a saucepan and put it on the hot stove. Cut twelve hard boiled eggs in halves, add them to the hot bechamel, season with half a pinch of white pepper, and let heat thoroughly for three minutes, but be careful not to let boil. Add one ounce of butter and a saltspoonful of grated nutmeg, then pour it on a hot serving dish and serve with toast, buttered with little anchovy paste.

EGGS AU GRATIN

Knead well together in a bowl one tablespoonful of bread crumbs, two ounces of butter, three chopped anchovies, a pinch of parsley, a pinch of chervil, one chopped shallot, three raw egg yolks, a good pinch of salt, half a pinch of white pepper and a pinch of grated nutmeg. When ready put these ingredients into a silver baking dish with one ounce of butter at the bottom. Place it on a slow fire for two minutes, then break over it six eggs, which will be plenty; cook for five minutes in the hot oven, and serve immediately.

EGGS A LA TRIPE

Fry two medium-sized sound sliced onions in a frying pan with two ounces of butter, but do not brown them; mix in half a spoonful of flour, and a large cupful of sweet cream; season with a pinch of salt, half a pinch of white pepper, and the third of a pinch of grated nutmeg. Cook for eight minutes, stirring constantly with the spatula; then add twelve sliced hard-boiled eggs, and heat together thoroughly for two minutes without letting it boil again; pour on a hot dish and serve. Sprinkle some fine chopped chives or parsley over it.

OMELET WITH FINE HERBS

Break six fresh eggs into a bowl, add a pinch of finely chopped parsley, half a pinch of chopped tarragon and half a pinch of chives; also, if desired, half a coupful of sweet cream. Beat the whole thoroughly without stopping for four minutes; melt one-half ounce of good butter in a frying pan on the hot stove; when it is melted and begins to crackle, pour in the eggs and mix them gently with a fork, while they cook for three minutes; let them rest for one minute, then bring the sides toward the center, turn it on a hot dish and serve.

OYSTER OMELET

Blanch eighteen oysters to boiling point in their own water; drain and return them to the saucepan, moistening with half a pint of good Allemande, as per explanation; season with half a pinch of salt. Make a plain omelet with twelve eggs, bring the sides toward the center, and fill it with the oyster preparation. Turn it on a hot dish, pour the rest of the sauce around, and serve very hot.

TOMATO OMELET

Break twelve fresh eggs in a bowl, season them with a pinch of salt and half a pinch of pepper, and beat thoroughly for four minutes. Place two ounces of butter in a frying pan on the hot stove, let it heat well without browning, then pour into it half a pint of freshly cooked stewed tomatoes, suppressing all the liquid. Cook for two minutes, then throw the beaten eggs over, and with a fork mix the whole gently for three minutes; let rest for one minute longer. Bring up the two opposite sides, turn it carefully on a hot dish and serve.

KIDNEY OMELET

Stew on a hot stove three minced kidneys, with a quarter of a pint of Maderia wine sauce, let cook for three minutes. Make a plain omelet with twelve eggs, fold the opposite side up, put the kidneys in the center, fold the other side up, and turn on a dish and pour the sauce around; then serve.

CHICKEN LIVER OMELET

The same as for the above, subsitituing six minced chicken livers for the kidneys.

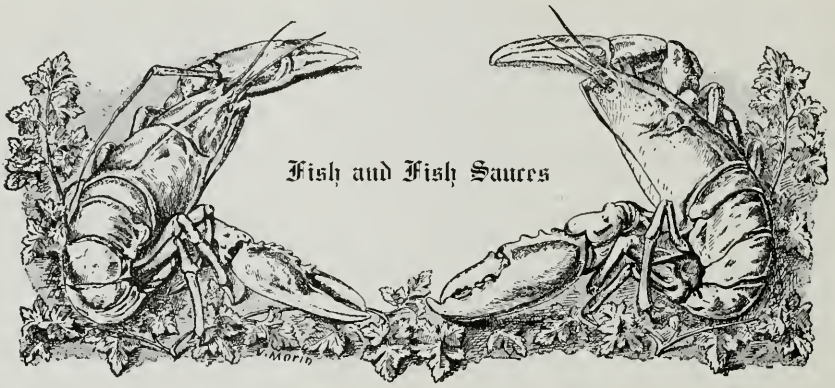
CHEESE OMELET

Put one ounce of butter in a frying pan, heat it on the hot stove. Break twelve eggs into a bowl, beat them thoroughly for four minutes, adding two tablespoonfuls of grated Swiss cheese, half a pinch of salt and half a pinch of pepper. Pour the whole into the frying pan and make an omelet; turn it on a hot dish and besprinkle the top lightly with a very little Parmesan cheese; place in the oven for two seconds, then serve. (When using six eggs, apply proportions of ingredients accordingly. This applies to all other recipes.)

SWEET OMELET

Beat and sweeten with one ounce of sugar twelve eggs; make an omelet, using one ounce of fresh butter; turn it on a dish and dredge another ounce of sugar over, then serve very warm with jelly or jam heated up.

A sweet omelet can also be served with rum or kirschwasser by sprinkling powdered sugar over the ready omelet. Pour over a small glass of good Jamaica rum or kirschwasser. Light with a match and serve burning.



Baking Large fish, such as salmon, cod, halibut, bass., etc., are generally divided into three parts, the head and shoulders, the middle cut and tail piece—the two former being, as a rule, considered decidedly better than the latter, except in the making of fish entrees, when the tail piece is often preferred.

Smaller fish, however, whether round or flat, when intended for an ordinary dinner dish, are usually baked whole.

First, clean the fish thoroughly, by washing it as quickly as possible in cold, well-salted water; then dry it carefully with a clean soft cloth; season it with salt, pepper and lemon-juice; brush it over entirely with liquid batter, or pure salad oil. Then lay it in a well-greased baking tin; moisten with a small quantity of good white stock, nicely flavored with oyster juice, mushroom catsup, or lemon juice; cover closely with a greased paper and bake in a well-heated, but moderate oven, until sufficiently cooked—basting frequently during the process, in order to render the flesh of the fish tender and juicy. The exact time required for the baking of fish in this way cannot possibly be fixed accurately. It depends entirely upon the size and thickness of the kind that is being used; a very good test, however, is to press the fish gently with the finger; when the flesh parts easily come from the bone, it is done.

Serve on a hot, neatly folded napkin, or a dish-paper, tastefully garnished, and accompanied by plenty of rich, well-made sauce.

Flat fish look extremely nice when served white side up, the surface being ornamented with a pretty arrangement of sifted egg yolk, finely chopped parsley, and lobster coral, or coralline pepper, and the edge of the dish garnished with a full, close border of fresh parsley, interspersed with fancifully cut olives, or quarters of fresh lemons.

Round fish should be sprinkled over the surface with a mixture of fine brown raspings, chopped parsley, and sifted egg yolk, and garnished 'round as above.

Codfish, fresh haddocks, whiting, etc., are often stuffed with a good fish forcemeat, previous to being baked, and when this method is adopted, care should be taken to firmly secure the openings with a needle and soft cotton, or fine wool, so that the forcemeat cannot escape during the process of cooking. The fastenings should, of course, be removed before the fish is sent to the table.

The choice in sauces suitable for serving as an accompaniment to baked fish is a very large one: Anchovy, shrimp, oyster, tomato, maitre d'hotel, lobster, dutch, caper, parsley, supreme, Italian, egg, melted butter and fennel sauce; all being more or less popular. The two latter are especially suitable for serving with mackerel.

Boiling—When fish is to be boiled, cleanse it thoroughly as already directed for baking; trim it neatly. If a flat fish, rub the white side entirely over with salt and fresh lemon

juice, as this tends to render it still more pure in color, and will also remove any unsightly spots which may appear to mar the white. Also make a slit down the middle of the dark skin, in order to prevent the skin on the white side from breaking, through shrinking a little in cooking. Large round fish when cooked whole should be firmly secured in the shape of an "S" and small ones should have the tails drawn through the eyes and be fastened thus by a tiny skewer, so that each may form a complete ring. Large fish should be firmly bound round and round with broad tape, so as to secure a neat shape.

Put just as much water in the fish-kettle as will nicely cover the fish, and season it well with salt, and either vinegar or fresh lemon juice (an ounce of the former and two tablespoonfuls of either of the latter to every quart of water); then bring it to a boil and lay in the fish; watch until the water boils up again, then at once draw the fish-kettle on one side, and let simmer 'till the fish is cooked, regulating the time according to the size, kind and thickness. Small or very thin fish require to simmer about six minutes to the pound; medium-sized fish about eight minutes, and thick fish, ten minutes to the pound.

After the fish is done, never allow it to remain in the water, as that will cause the fish to loose his flavor and color. Take it up at once, and if it cannot be served immediately, as it should be, leave it until required on the drainer. The latter can quite easily be fixed over the boiling water, and covered with a thick, soft cloth.

Dish up neatly on a folded napkin or a dish-paper, and garnish as suggested for baked fish; or, if preferred, dispense with the surface decoration and the napkin, or dish paper, and pour over a little of the sauce that is being served; garnish the edge of the dish tastefully with a border of picked parsley, interspersed with cut lemon, properly prepared prawns or shrimps, the red part of a boiled lobster cut in small, neat pieces, quarters of hard-boiled eggs, or any other appropriate item, and send to the table very hot, accompanied by more sauce in a sauce bowl.

Boiled fish may be served with the same kind of sauce as baked fish; a selection can therefore be made, in order to save repetition, from the list already enumerated.

Grilling or Broiling—It is not at all difficult to broil fish properly if a reasonable amount of care and watchfulness be given to the task. The essential factors in broiling are: A clear, moderately hot fire, a scrupulously clean gridiron, fresh properly prepared fish, constant watchfulness and the exercise of a little judgment in taking up the fish just at the right moment. Given these, there is not the least fear but that the result will be in every way satisfactory.

Make the fire, some time before it is likely to be required, with a mixture of coal and coke, both of which shall be broken up in rather small pieces; when these are well burned through, and smoke or flame still appear, throw on a handful of salt, as a perfectly clear fire is indispensable to successful broiling. Have the grill well rubbed over with pure salad oil, or some clarified fat, and made thoroughly hot, previous to using.

In most kitchens, a special gridiron is reserved for the cooking of fish, and this is a rule good to follow, as any utensil used repeatedly for this purpose, no matter how clean it may be kept, soon becomes quite unfit for the cooking of anything else.

Small fish, such as fresh haddocks, gurnets, mullet, trout, mackerel, whiting, fresh herring, soles, etc., are all suitable for broiling whole, though they may be filleted if desired, but larger fish should be cut in sliced, varying from one to two inches in thickness. All round fish can be broiled more easily and satisfactorily if they are split open and cooked flat.

Dry the fish thoroughly, whatever kind is being used, with a soft cloth and fine flour as directed for fried fish; then season it according to taste; brush it over entirely with pure salad oil, or liquid butter, and broil it very carefully, turning only once during the process.

While the fish is being broiled, keep brushing it over with a small pastry brush dipped in oil or liquid butter. Care must be taken not to use too much at a time, or it will

drip into the fire and so cause no end of annoyance.

Place the fish, when cooked, on a very hot dish, and pour a little butter or parsley (Maitre d'Hotel) over it; then garnish the dish tastefully and serve at once. If preferred, use, instead, a savoury butter, anchovy, tomato, pimiento, etc.

Steaming—All kinds of fish suitable for boiling are equally good, and in the opinion of many decidedly better, when steamed. During the latter process, the juices of the fish are not drawn out to nearly the same extent as in boiling; thus rendering the food more nutritious.

Prepare the fish intended for steaming in exactly the same manner as for boiling; then wrap it in white paper or muslin, which has been well buttered or oiled; place it in a properly shaped steamer; cover with a very tightly-fitting lid, and steam over a fast-boiling water until sufficiently cooked; that is, when flesh will part quite easily from the bone on being gently pressed with the finger. When done, remove the wrappings and serve the fish prettily garnished, very hot, and accompanied by some carefully prepared sauce as previously suggested for baked and broiled fish.

Stewing—Such fish as carp, pike, perch, tench, eels, etc., are adapted for stewing, as the flesh becomes more tender and richer in flavor; but there are several other more delicate varieties of fish—such as trout, turbot, soles, etc., for which this excellent method of cooking is to be highly recommended. Care being taken, of course, to select the seasonings used, and to regulate the time allowed for stewing, in accordance with the kind of fish being cooked.

Whatever the variety, have it carefully cleaned and properly prepared, and if the fish are small, let them remain whole; either in their original shape or curled round and firmly secured in rings; but if a large kind is being used, cut the fish in slices, or in pieces of neat size and shape, or have it filleted. Then season it lightly with salt, pepper and lemon juice, and set it in a cool place, while the stock for stewing it in is being prepared.

To do this, put from four to six ounces of fresh butter into a stew-pan, with a bunch of savoury herbs—parsley, thyme, bay-leaf, and marjoram—tied securely together, a small whole onion stuck with three or four cloves, half a dozen fresh button mushrooms cup up into slices or small dice, a quarter of a pint of fresh tomato pulp, and a sprinkling of salt and pepper, and fry together for a few minutes over a moderate fire; then add three-quarters of a pint of good white stock, unflavored, with the rind and strained juice of a small lemon, and bring slowly to boil, after which, lay in the fish, and let it simmer slowly until cooked.

When done, take up the fish very gently, so as not to break it, and keep it hot until the sauce is ready.

Remove the bunch of herbs, onion, lemon rind, and then add to the liquid in the stew pan one ounce of butter, kneaded smoothly with one ounce of fine flour, a pleasant flavoring of anchovy essence, a tablespoonful of finely chopped parsley, and a little more salt and pepper if required, and stir constantly over the fire until the sauce has boiled gently for two or three minutes, after which pour a little of it over the fish and send the rest to table in a hot tureen. The edge of the fish should be tastefully garnished with suitable items, and the whole should be served very hot.

Sometimes the fish intended for stewing, after it has been properly cleaned, is fried a nice brown previous to being placed in the stew pan, in which case, brown stock will be preferable to white.

It will be remembered that the above quantities and ingredients are only given as an example, and not by any means as a fixed rule. Flavoring can be varied in order to suit individual tastes, and to be in keeping with the kind and quantity of fish which is being used.

TO PREPARE BREADED FISH

1. After the fish is pared, cleaned and dried, dip it first in milk, then in flour, and fry in very hot fat.

2. Take very clean fish, dip it in beaten egg, then in freshly grated bread crumbs, and fry in very hot fat.

3. For certain fish, like whitebait, im-

merse them in milk, then in flour mixed with pulverized crackers, shake well in a collander and throw in very hot fat. Oysters are breaded the same way, but should be flattened before frying.

4. For croustades of rice or potatoes, dip in beaten egg and roll in fresh bread crumbs; repeat three times before frying.

FILLET OF SOLE WITH WHITE WINE

Put a half dozen fillet of well-cleaned sole on a well-buttered baking dish; season with half a pinch of salt and a third of a pinch of pepper; moisten with one glassful of sauterne and three tablespoonfuls of mushroom liuor and a few lemon slices. Cover with a heavy piece of buttered paper, and cook in a moderate oven for fifteen minutes, then lay the fillet on a dish; put the juice in a saucepan, with half a pint of good "Allemande," thicken well with a tablespoonful of butter till well dissolved, add the juice of one-half lemon and throw it over the sole.

BOILED HALIBUT

Put a piece of halibut weighing two pounds in a saucepan, and cover it with fresh water, add one sliced onion, half a sliced carrot, and a "bouquet." Season with a handful of salt and two tablespoonfuls of vinegar. Put on the lid and let cook gently, but no more than five minutes after boiling point; then lift up the fish alone, drain well; dress it on a hot dish, and serve with any desired sauce.

SHAD, BROILED, MAITRE D'HOTEL

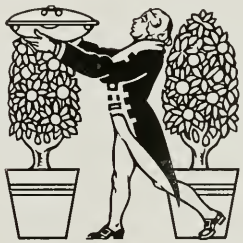
Pare and cut a small shad in two, scale it and remove the backbone; lay it on a dish, sprinkling it over with a pinch of salt, and baste with one tablespoonful of oil. Leave it for a few moments, then broil it on a slow fire in a double broiler for about fifteen minutes on the flesh side, and for one minute on the skin side, leaving the roe in the inside. Put it on a hot dish, spread a gill of good "maitre d'hotel sauce" over, and serve with six slices of lemon.

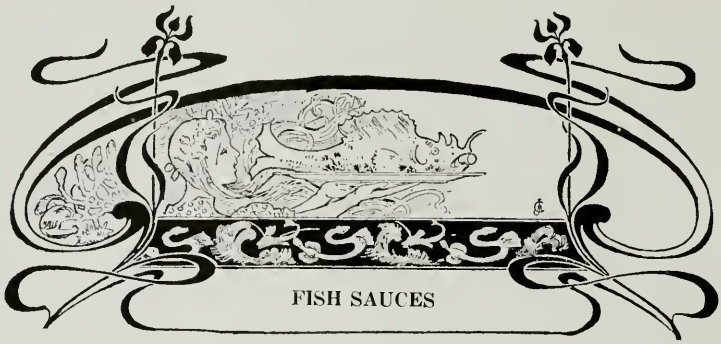
BLUEFISH A L'ITALIENNE (Italian Style)

Score and scale two pounds of bluefish; place it in a buttered pan, with half a glassful of white wine, three tablespoonfuls of mushroom liquor, half of a very finely chopped onion, and six chopped-up mushrooms. Season with a pinch of salt and half a pinch of pepper. Cover the fish with a buttered paper, and cook in a moderate oven for fifteen minutes; take the fish out and lay it on a serving dish, and put the juice in a stew pan, adding a gill of "Espagnole sauce," with a small glassful of white wine; reduce for two minutes, then pour it over the fish with one pinch of finely chopped parsley.

BASS A LA BORDELAISE

Cut a deep incision down the back of a three-pound sea bass, put it in a baking-dish with half a glassful of red wine, half a pinch of salt, and a third of a pinch of pepper. Sprinkle with a finely chopped challot, cover with a buttered paper, and cook in a moderate oven for fifteen minutes. Lay the bass on a dish, put the juice in a saucepan with a gill of good "Espagnole," four finely shred mushrooms, and a thin slice of finely chopped garlic; finish cooking for five minutes more, then pour it over the fish. Decorate with six cooked crawfish or shrimps, if you have any, and serve very hot.





FISH SAUCES

Allemande or Cream Sauce—Ingredients: Two ounces of butter, an ounce and a half of flour, one pint of good white stock, two ounces of mushrooms, the yolks of four fresh eggs, a tablespoonful of lemon juice and a seasoning of salt and pepper. Put the butter into a stewpan, and as it melts stir in the flour very slowly and cook together gently for a few minutes, taking care that the mixture does not acquire even the faintest tinge of color; next add the stock and the mushrooms, which latter have been carefully cleaned and chopped small, and bring to the boil, stirring all the time; then, after simmering gently for a quarter of an hour, draw the saucepan on one side, and stir in the egg yolks, lemon juice and seasonings, and continue stirring until the sauce becomes sufficiently thick and creamy without again reaching boiling point, then strain and use.

Anchovy Sauce—Ingredients: One and a half ounces of butter, one ounce of flour, three-quarters of a pint of milk, a tablespoonful each of anchovy essence and lemon juice, two egg yolks and a liberal seasoning of salt and cayenne. Put the milk into a scrupulously clean saucepan; when it is hot stir in the butter and the flour, which have been thoroughly kneaded together, and continue stirring constantly until the sauce has boiled for five minutes; then draw the pan aside, stir in gradually all the other ingredients, the egg yolks last of all, and continue stirring by the side of the fire until the whole is thoroughly blended, and the sauce smooth and creamy, after which strain and use.

Bechamel Sauce—Ingredients: Three-quarters of a pint of milk, three ounces of butter, two ounces of flour, two tablespoonfuls each of chopped onion and carrot, a seasoning of salt and pepper, a bunch of herbs (thyme, parsley and bay leaf), and a gill of single cream. Simmer the milk gently with the onion, carrot, herbs and seasonings until pleasantly flavored, then strain it into a basin and leave it to cool. Melt the butter in a saucepan and stir in the flour very smoothly, then cook slowly for a few minutes without the mixture gaining any color, after which add the seasoned milk and stir constantly until the sauce boils; last of all, add the cream, stir a minute or two longer and serve.

(Note.—If a thicker sauce is required, for purposes of making or coating a small quantity of liquid aspic may be used, or three or four egg yolks may be added, which latter will both thicken and enrich the sauce.

Brown Butter Sauce—Ingredients: Three ounces of butter, a teaspoonful of flour, a gill of good brown stock or gravy, a tablespoonful each of chopped parsley, malt vinegar, tarragon vinegar and Worcestershire sauce, with a few drops of browning and a pinch of salt if necessary. Put the butter into the saucepan with the flour and stir constantly over a brisk fire until the mixture is lightly browned, without being in the least degree burned, then add the stock or gravy, parsley, vinegar and Worcestershire sauce, and continue stirring until the sauce boils up, after which add the salt and browning, if required, and serve.

Caper Sauce—Ingredients: Three-quarters of a pint of brown stock, two ounces of butter, two ounces of flour, two tablespoonfuls of vinegar, a teaspoonful of anchovy essence, a large tablespoonful of chopped onion, a seasoning of pepper and salt, and a tablespoonful and a half of fresh capers. Fry together for a few minutes the butter, flour and onion, then add the stock, vinegar, anchovy essence and seasonings and stir over a moderate fire until the sauce boils, when the pan should be drawn on one side and the contents allowed to simmer gently for about five minutes longer. Strain the sauce into another saucepan, add the capers, and stir constantly until boiling point has once more been reached, and then serve.

Cardinal Sauce—Ingredients: An ounce and a half of butter, one ounce of flour, half a pint of white stock, a seasoning of salt and pepper, a tablespoonful of lemon juice, a teaspoonful of anchovy essence, and either some lobster spawn, butter or a small quantity of liquid cochineal or carmine. Put the stock into a stewpan, with the butter and flour which have been kneaded together, and the salt and pepper and stir until the sauce has boiled for about five minutes, then add the anchovy essence and lemon juice, color according to taste with the lobster spawn butter, cochineal or carmine, the former to pe preferred, continue stirring until the various ingredients are thoroughly blended, then strain and use.

Cucumber Sauce—Ingredients: Two large fresh cucumbers, two ounces of butter, a teaspoonful of lemon juice, a seasoning of salt, a small quantity of spinach juice or spinach greening, and a half a pint of bechamel sauce. Peel the cucumbers and remove the seeds, then cut the former into slices and put them into the stewpan with the butter and the salt; cover the pan closely and stew gently until the cucumbers are quite soft, then add the lemon juice, the bechamel sauce, which has been made hot, and sufficient spinach juice or greening to impart a pale, pretty shade of color to the whole, and after stirring until the ingredients are well blended, rub the sauce through a sieve, boil up once, and serve with smelts, trout, salmon, etc.

Egg Sauce—Ingredients: Half a pint of milk, two ounces of butter, one ounce of flour, three hard-boiled eggs, a small roughly-chopped onion, the thin yellow rind of half a lemon and a seasoning of salt and cayenne. Fry the butter and flour together for three or four minutes; then add the milk, lemon rind, onion and seasonings, and stir over a moderate fire until the sauce has boiled gently for five minutes; let it simmer for five minutes longer, then strain carefully and return to the stewpan; add the eggs, the yolks of which have been chopped rather finely, and the whites cut into thin Julienne shreds, and stir gently until the sauce just reaches boiling point, when it is ready for use.

Fennel Sauce—Ingredients: A very large handful of fresh fennel, half a teaspoonful of salt, a bit of soda not bigger than a pea, one ounce of butter and half a pint of good melted butter. Thoroughly wash the fennel in cold well-salted water, then pick the tiny sprigs from the stalks and put them into a stewpan, with the salt, the soda and sufficient cold water to cover them, and bring them to the boil; then strain off every drop of the water, press the fennel in order to render it as dry as possible, turn it into a basin with the butter, and chop it very finely, then mix it with the melted butter sauce, re-boil and serve.

Italian Sauce—Ingredients: An ounce and a half of butter, a large tablespoonful of finely-minced onion, four tablespoonfuls of carefully cleaned chopped mushrooms, a tablespoonful of minced parsley, half a teaspoonful of mixed herb powder, a seasoning of salt and pepper, some brown roux, and three-quarters of a pint of good brown stock. Put the butter into a stewpan with the onion, mushrooms, parsley, herbs and seasonings, and let these ingredients cook gently for about a quarter of an hour, giving them a stir every now and then to prevent their burning or sticking to the pan bottom; then add the stock and sufficient roux to make the sauce of a rich, creamy consistency, and

stir constantly over the fire until it has boiled gently for five minutes or so, after which skim very carefully and serve.

SAUCE ESPAGNOLE

For one gallon.—Mix one pint of raw, strong "mirepoix" with two ounces of good fat (chicken fat is preferable). Mix with the compound four ounces of flour, and moiste nwith one gallon of "white broth." Stir well and then add, if handy, some baked veal and ham bones. Boil for three hours, and then remove the fat very carefully; rub the sauce through a fine sieve and keep it for many purposes in cooking.

SAUCE MAITRE D'HOTEL

Add to half a pint of warm "Hollandaise sauce," a scant teaspoonful of chopped parsley, half an ounce of butter, a scant teaspoonful of pepper, and half a teaspoonful of nutmeg, then serve.

SAUCE HOLLANDAISE

Place one sound sliced onion, six whole peppers and a bay leaf in a saucepan with two ounces of good butter on the hot stove; stir in two tablespoonfuls of flour to thicken, then moisten with a pint and a half of either chicken or "white broth"; mix well with a whisk or wooden spatula, being careful to remove any accumulated fat. Add half a teaspoonful of grated nutmeg and half a tablespoonful of salt, and cook for twenty-five minutes. Beat the yolks of three eggs separately with the juice of half a medium-sized sound lemon. Pour them gradually into the sauce, being careful not to boil it again after they have been added. Rub through a hair sieve into a serving bowl, and finish with half an ounce of good butter, mixing it well, and serve.

Mustard Sauce—Ingredients: Half a pint of good brown stock, an ounce and a half of fresh butter, one ounce of flour, a dessertspoonful of made mustard, a dessertspoonful of tarragon vinegar, a teaspoonful of anchovy essence, a seasoning of salt and pepper, and a few drops of browning. Fry the butter and flour together lightly for five minutes, then add all the other ingredients; stir constantly until the sauce boils; strain carefully and use.

SAUCE MAYONNAISE

Place two fresh egg yolks into an earthen bowl, with half a teaspoonful of ground English mustard, half a pinch of salt, half a saltspoonful of red pepper; sharply stir with a wooden spoon for two or three minutes without ceasing. Pour in, drop by drop, one and a half cupfuls of the best olive oil. Should it become too thick add, drop by drop, the equivalent of a teaspoonful of very good vinegar, stirring vigorously with the wooden spoon meanwhile. Taste, and if found a little too sour, gradually add a tablespoonful of oil, stirring continually until all is added. The whole operation to prepare the above sauce will take from ten to twelve minutes. To avoid spoiling the sauce, the sweet oil should always be kept in a place of moderate temperature, say, from 70 to 75 degrees Fahrenheit.

SAUCE TARTARE

Chop up one shallot exceedingly fine, with half a tablespoonful of chevril, and the same of tarragon, and twelve capers chopped exceedingly fine. Place these in an earthen bowl with half a teaspoonful of ground English mustard, two raw egg yolks, a teaspoonful of vinegar (a small drop at a time), half a pinch of salt and a third of a pinch of pepper. Pour in very lightly, while continuing to stir, a cupful of good olive oil, and if too thick, add a little more vinegar. Taste it to find whether the seasoning is correct; if too salty, add a little more mustard and oil.

Tomato Sauce—Ingredients: Two tablespoonfuls of finely-chopped onion, a teaspoonful each of anchovy essence and minced parsley, a seasoning of salt and cayenne, a tablespoonful of mixed herb powder, half a pint of fresh tomato pulp, a quarter of a pint of good stock and one ounce of roux. Put the onions, herbs, and vinegar into a stew pan and boil for five minutes, then add the other ingredients; stir until the sauce boils; skim carefully and serve.

Oyster Sauce—Ingredients: One dozen of fresh oysters, two ounces of butter, an ounce and a half of flour, half a pint of white fish stock or milk, a gill of cream, a teaspoonful of anchovy essence, a seasoning of salt and cayenne and the juice of a small fresh lemon. Open the oysters very carefully so as to preserve every drop of their liquor; then, after removing their beards, put the fish into a basin and cover them until required. Fry the butter and flour together for a few minutes over a gentle fire, then add the stock or milk, the oyster liquor, the anchovy essense and seasonings, and stir until until the sauce has boiled very gently for ten minutes; then strain it carefully, return it to the tew pan with the cream, the lemon juice and the oysters, which have been cut into small pieces; make the whole thoroughly hot, without further boiling, and use as required.

Shrimp Sauce—Ingredients: Three-quarters of a pint of melted butter sauce, a teaspoonful of anchovy essence, two ounces of lobster spawn butter or plain fresh butter, a few drops of cochineal or carmine, a tablespoonful of lemon juice, a pinch of cayenne, and half a pint of freshly boiled shelled shrimps, measured after being shelled. The melted butter sauce should be made first, fresh for the purpose; when it boils up, add all the other ingredients and stir over a very gentle fire, until the whole boils up again, when the sauce is ready for use.

Supreme Sauce—Ingredients: Two ounces of butter, two ounces of flour, three-quarters of a pint of white stock, a gill of cream, a seasoning of salt and pepper, and a dozen pink button mushrooms, with their skins and stalks. Fry the butter and flour together very lightly, as no tinge of color must be acquired, then add the stock, the seasonings and the mushrooms, with their skins and stalks, which have all been carefully cleansed and cut up very fine, and simmer slowly for about half an hour, stirring frequently, after which, strain the sauce; return it to the stew pan, add the cream with more seasoning, if required; re-boil and serve.

Matelote Sauce—Ingredients: Half a dozen oysters, a dozen and a half of mushrooms, three-quarters of a pint of white sauce, three raw egg yolks, a teaspoonful of anchovy essence, a tablespoon of lemon juice, a wineglassful of white wine, half a gill of cream, an ounce and a half of fresh butter, and a seasoning of salt and white pepper. Prepare the mushrooms carefully, cut them into small dice, then put them into a stew pan with the butter, salt and pepper, and leave them, closely covered, to draw down gently by the side of the fire. Open the oysters and put their liquor into another stew pan with the wine, white sauce, anchovy essence, and lemon juice, and bring slowly to boil, stirring constantly; then draw the pan on one side, add the egg yolks and the cream, and continue stirring for two or three minutes longer, until the eggs are just lightly set, taking great care to avoid boiling point. When ready, strain the sauce into the stew pan containing the mushrooms, add the oysters, cut up in tiny pieces, stir until the whole is thoroughly hot, and serve.

White Sauce—Fry together very lightly, three ounces of fresh butter and two ounces of flour; when the mixture is thoroughly cooked, but still perfectly colorless, add a half pint of milk, a quarter of a pint of cream and a seasoning of salt and white pepper and stir constantly, and in one direction, until the sauce boils, when it is ready for use. If it is to be served simply as "White Sauce," flavor it pleasantly with tarragon, lemon juice, vinegar, mushroom ketchup, bay leaves, mace, and an onion stuffed with three or four cloves, etc., just according to taste; but if intended to form the basis of some richer kind of sauce, it is better to keep it unflavored.

Parsley Sauce—Prepare, according to the recipe given, three-quarters of a pint of melted butter sauce; then stir in two ounces of fresh butter, broken up into small bits and added one at a time, two dessertspoonfuls of finely chopped parsley, and a tablespoonful of strained lemon juice, and continue stirring until the sauce boils up, when it is ready for serving.

Shell Fish

OYSTERS

Oysters should be kept in a very cold place before they are opened, and well washed before using, otherwise their appearance will be destroyed. They should, according to the French custom, be opened on the deep shell, so as to better preserve the liquor, then laid on finely chopped ice for a short time—too long destroys their flavor. While they should be kept as cold as possible, they should never be allowed to freeze, therefore they must only be opened shortly before they are needed; for, once frozen, they quickly turn sour. The proper way to open them is to place the deep shell in the palm of the left hand, and break them on one side. The Boston stabbing knife is preferable for this, but if there be none handy use a small block that the oyster can fit into, and stab it on the edge or even a chopping block and chopping knife may be employed in case of necessity. Serve six oysters for each person, nicely arranged on oyster plates with quarters of lemon and brown bread and butter, thinly sliced.

BAKED OYSTERS

After opening them carefully so as to preserve the liquor, and removing the beards, put the fish into a basin with a sprinkling of salt, pepper and fresh lemon juice, and set them in a cool place for half an hour. Make all ready in the usual way, and in accordance with the size of the dish that is being prepared, the requisite quantity of rich creamy white sauce, using milk or thin cream, to which the strained oyster liquor has been added; then stir into it a pleasant seasoning of anchovy essence, the beaten yolks of two or more eggs, a light sprinkling of finely-chopped parsley, and a pinch of cayenne and continue stirring until the various ingredients are thoroughly blended without the sauce again reaching the boiling point, when it is ready for use. Butter the inside of a silver or fireproof china dish of just the right size, and pour in a little of the sauce, then arrange upon this a layer of the seasoned oysters, cover with more sauce, add more oysters, and so on until the ingredients are used up leaving sauce for the topmost layer. Sprinkle the surface rather thickly with fine brown raspings, scatter here and there a few tiny bits of butter, and bake in a moderate oven until the whole is sizzling hot; then serve as quickly and as prettily as possible.

BROILED OYSTERS

Open them carefully and let the fish remain in the deep shell; remove the beards and add to each oyster a pleasant seasoning of salt, pepper and fresh lemon juice, and a very small piece of butter, then place the shells on a gridiron and broil for three or four minutes over a clear hot fire. Or, if preferred, leave the oysters unopened and simply brush the shells thoroughly clean and dry them well previous to broiling. Be careful to place the deep shells near the fire. When the shells open the oysters are done. Serve neatly arranged on a folded napkin or dish-paper, tastefully garnished with fresh green parsley and accompanied by daintily cut bread and butter.

Deviled Oysters are just oysters broiled in their deep shells as already directed, with the addition of a pinch of cayenne and mustard.

OYSTER CROQUETTES AND RISSOLES

Prepare in the usual way some rich thick sauce with one ounce of butter, half an ounce of fine flour, a seasoning of salt, cayenne, anchovy essence, and lemon juice, the strained oyster liquor and a quarter of a pint of milk. Stir until it just boils; then draw the pan on one side and add the oysters which have been cut into very small pieces, and the yolks of two large perfectly fresh eggs, and continue stirring by the side of the fire for about five minutes longer, watching carefully in order to avoid boiling point; then spread the mixture out on a flat dish to cool, and when quite cold and firm divide it into small equal-sized portions. If intended for croquettes, form these into round balls, or into the shaps of corks, eggs, pyramids, etc., according to taste; dip them in beaten egg, coat them firmly with fine bread crumbs and fry them in hot clarified

fat until just nicely brown and quite crisp; then drain thoroughly, pile up neatly on a hot dish-paper, garnish tastefully with sprigs of fresh parsley and cut lemon and serve at once. If rissoles are preferred, make up the preparation either into tiny balls or flat round cakes, and enclose each of these, previous to frying, within two small rounds of light rich pastry, rolled out very thin; press the edges firmly together, after wetting them slightly with cold water, then brush the surface over with beaten egg and sprinkle it with fine bread crumbs, after which fry and serve as directed for croquettes, the dishing up being performed as expeditiously as possible, so that the pastry may not have time to lose that delicious light puffiness which makes the dish so thoroughly enjoyable.

FRIED OYSTERS

Procure twenty-four large freshly opened oysters, or thirty-six of medium size, dip each one separately in flour, then in beaten egg and lastly in powdered cracker dust. Fry in very hot fat for four minutes, drain well and serve on a hot dish with a folded napkin, sprinkling over a very little salt, and garnishing with fried parsley leaves.

SCALLOPED OYSTERS, OYSTER PATTIES AND VOL-AU-VENTS

First open and beard the oysters, cut them in small pieces, season with salt, pepper and lemon juice, and set them in a cool place until required; then make some thick rich white sauce with milk to which has been added the oyster liquor and when the sauce is sufficiently cooked add the yolks of two or more eggs, a flavoring of lemon juice and anchovy essence, a light sprinkling of finely chopped parsley, two or three tablespoonfuls of thick cream; add the oysters and stir together until the whole is well mixed and thoroughly hot, without boiling, then use as decided upon. If scalloped oysters are desired, serve the mixture in shells, either silver, china or real, the surface being sprinkled with a combination of fine brown raspings, minced parsley and sifted egg yolk; but if patties or vol-au-vents are preferred, use dainty little pastry cases which have been baked previously, being careful always to serve the dish as hot as possible, neatly arranged and tastefully garnished.

Scallops, though closely resembling oysters in some points, require a rather different method of preparation, as, for instance, they should always be very carefully cleansed previous to cooking, or they are apt to taste gritty; and it must also be borne in mind that they require to be cooked very slowly and very thoroughly in order to render them a wholesome and digestible food. Open the shells and remove the fish carefully so as not to tear them, then trim away the beards and any black portions, and wash the scallops in two or three clean, well-salted waters, after which drain them thoroughly and stew them just as gently as possible in their own liquor, to which a little stock and some suitable seasonings have been added, until quite tender, when they may be dressed according to any of the recipes given for the cooking of oysters.

Cockles and Mussels are most delicious little fish and are not prized so much as they deserve to be. Procure them perfectly fresh, and after rinsing them in clean cold water until the shells are thoroughly cleansed from all sand and grit, put them into a large saucepan with only the water that clings about them and a sprinkling of salt, then cover closely and shake the pan over a brisk fire until the shells open, when the fish are sufficiently cooked. Turn them out into a colander so as to drain off the liquid, then pick out the fish with a fork; or, better still, with clean fingers, and they are ready for serving either hot or cold in any of the ways directed for oysters, for which they form an excellent substitute when the latter are considered too expensive, or when they cannot conveniently be obtained.

Shrimps and Prawns, previous to being served, should be thrown into fast boiling water to which some salt has been added, and boiled until they change color and are sufficiently tender, after which they may be sent to the table cold, neatly piled up on a dish-paper, garnished with parsley and accompanied by thinly-cut slices of bread and butter; or they may be carefully shelled and served up in patties, vol-au-vents, scallop

shells, etc., according to the recipes given for oysters. Shrimps are extremely useful, too, in the making of certain sauces and forcemeats, while prawns are frequently employed to great advantage for garnishing purposes.

LOBSTER A LA NEWBURG

Split two good-sized, fine freshly boiled lobsters. Pick all the meat out from the shells, then cut it into one-inch length eual pieces. Place it in a saucepan on the hot range with one ounce of very good fresh butter. Season with one pinch of salt and half a saltspoonful of red pepper, adding two medium-sized sound truffles cut into small dice-shaped pieces. Cook for five minutes; then add a wineglassful of good Madeira wine. Reduce to one-half, which will take three minutes. Have three egg yolks in a bowl with half a pint of sweet cream, beat well together, and add it to the lobster. Gently shuffle for two minutes longer, or until it thickens well. Pour it into a hot tureen, and serve hot.

FROGS A L'ESPAGNOLE (Spanish Style)

Trim nicely eighteen fine, fresh medium-sized frogs' legs; lay the frogs in a soutoire on the hot stove with two ounces of good butter, season with a pinch of salt and half a pinch of pepper and add half a glassful of white wine. Let cook for five minutes, then put in half of an empty green pepper and two freshly peeled tomatoes, all cut up into small pieces; cook for ten minutes longer, then dress the frogs on a hot dish and send to the table.

SALMON SALAD

One quart of cooked salmon, two heads of lettuce, two tablespoonfuls of lemon juice, one of vinegar, two of capers, one teaspoonful of salt, one-third of a teaspoonful of pepper, one cupful of mayonnaise dressing or the French dressing. Break up the salmon with two silver forks. Add to it the salt, pepper, vinegar and lemon juice. Put in the ice chest or some other cold place, for two or three hours. Prepare the lettuce as directed for lobster salad. At serving time pick out leaves enough to border the dish. Cut or tear the remainder in pieces, and arrange these in the center of a flat dish. On them heap the salmon lightly and cover with the dressing. Now sprinkle on the capers. Arrange the whole leaves at the base, and, if you choose, lay one-fourth of a thin slice of lemon on each leaf.

LOBSTER SALAD

Put a large lobster in boiling water slightly salted; boil rapidly for about twenty minutes; when done it will be of a bright red color and should be removed, as if boiled too long it will be tough; when cold, crack the claws, after first disjointing, twist off the head (which is used in garnishing), split the body in two lengthwise, pick out the meat in bits not too fine, saving the coral separate; cut up a large head of lettuce and place on a dish over which lay the lobster, putting the coral around the outside. For dressing, take the yolks of three eggs, beat well, add four tablespoons salad oil, dropping it in very slowly, beating all the time; then add a little salt, cayenne pepper, half teaspoon mixed mustard, and two tablespoons vinegar. Pour this over the lobster, just before sending to table.

THE ELECTRIC CHAFING-DISH

Owing to the fact that grandmother's old-fashioned kitchen stove is rapidly disappearing, likewise the large spacious kitchen has been substituted with what is known as a kitchenette, where stove, pans, pots and soup ladles are stowed away behind a folding door, the electric chafing-dish is rapidly growing in its demand on account of its practical, hygienic usefulness, less work and proper heat. In course of time it will substitute the stove in the kitchen altogether and the hostess will be able to cook her dinner at her table right in front of the guests in the dining room. Here is a menu of a six-course dinner cooked in electric chafing-dishes: Onion soup, lobster Newburg, chicken livers with Madeira sauce on toast (make toast on electric toasters), tenderloin steak with fresh mushrooms, peas saute in butter, pancakes Suzette, coffee in electric percolator.

How to Select Meats

Beef.—In the choosing of beef the purchaser may safely be guided by the following indications: If the meat is really prime in quality and in sound condition the lean will be close, fine and even in the grain, and bright red in color, the fat of a pale creamy whiteness and the suet quite firm, the whole being cool, pleasant and elastic to the touch. Signs the reverse of these go, of course, to prove that the meat is either of inferior quality or out of condition. Heifer and ox beef are both excellent, but the former is generally preferred, as it is so much smaller in the bone, and consequently more profitable for ordinary purposes; it may also be distinguished by the lean, which is just a shade lighter in color and a trifle finer in the grain. Cow beef, which is often sold to the uninitiated as heifer or ox beef, is decidedly more open in the grain and quite tough when cooked; while bull beef, which ought never on any account be chosen, is easily recognized by its extreme coarseness, dark color of almost purple hue, scarcity of fat and strong, unpleasant smell.

The joints intended for roasting should be allowed to hang in a cool, airy place, the exact time to be regulated, of course, in accordance with the season, the state of the weather and the temperature of the larder which is available, but the strictest care should be taken to prevent the meat from becoming, even in the slightest degree, tainted—an accident which can quite easily be avoided if a careful examination of the joint is made every day, or even twice a day in close, muggy weather. Before hanging the meat remove the soft pipe which runs down the center of the bone in the sirloin or ribs, and trim away any superfluous fat, as these are the parts which taint most readily; and if any spot should accidentally get fly-blown, rub it over at once with a cloth dipped in vinegar, but do not wash it.

Joints intended for boiling or stewing do not require to hang nearly as long as the ones for roasting; still, the meat should never be just freshly killed, as then, no matter what may be the amount of skill exercised in cooking, it will be certain to prove tough, tasteless, and altogether unsatisfactory.

Mutton may be judged according to the same rules as beef, only the fat should be whiter and not too plentiful. It, too, should be well hung if intended for roasting, to insure its being tender and juicy, but it requires to be watched with the same care as beef, and to have the pipe already mentioned carefully removed from the neck and loin previous to hanging.

Lamb, when perfectly fresh and of prime quality, is decidedly paler in color than mutton; the lean is of a clear, delicate pink tinge; the fat is firm, white and very light; the neck veins quite blue; the knuckle stiff and springy, and the underneath parts and kidney cool, firm and pleasant, as regards both touch and smell. Meat showing signs different from these should be promptly rejected, as it is either of inferior quality or out of condition. Like all young meat, lamb very speedily becomes tained, and will therefore not bear keeping like beef or mutton; but in a well-kept, airy larder it may with advantage be hung from one to three or even four days in the winter previous to being cooked—that is, of course, if it is bought just freshly killed.

Veal, it must always be remembered, deteriorates more rapidly than any other meat, therefore it should be chosen as soon as possible after the animal has been killed. In purchasing, see that the flesh is finely grained, the fat quite firm and of a pinkish white color, and the suet under the kidney perfectly sweet; then as soon as it is sent home have the pipe carefully removed from the neck or the loin and the skirt from the breast previous to hanging, as this helps to preserve the meat from becoming tainted, in which state veal is one of the most dangerous and unwholesome meats known. It should not, however, be cooked too soon after being killed, or it will be exceedingly tough and tasteless, so that given a cool, airy larder and favorable weather, a joint intended for roasting may with advantage be hung for a day and a night, or even two days in summer and

three or four days in the depth of winter.

Calf's Head, if quite fresh and of good quality, will be firm, cool and clean-skinned, with full, clear eyes.

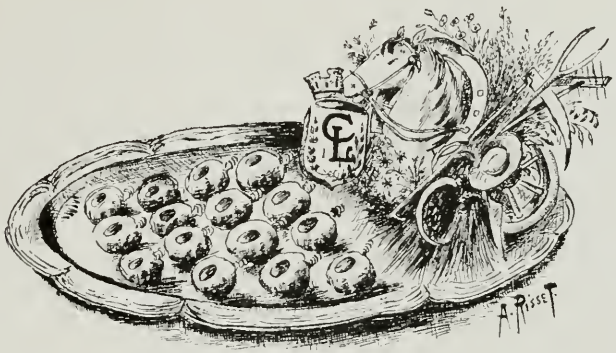
Sweetbreads in the same condition are delicately colored, firm, plump and clean-looking. Of the two kinds of sweetbreads, the heart and the throat, the former are decidedly to be preferred, being well worth the extra cost.

Pork requires to be chosen with the greatest care, even more so than other meats, as the pig, from its gluttonous habits, is particularly liable to disease. If the following signs, however, are carefully noted there is not the slightest danger of mistaking bad for good pork, or vice versa: Small, dairy-fed pork is generally considered decidedly more delicate and dainty than the larger and more ordinary kind of pork, but this, of course, is entirely a matter of taste and individual requirements, the very small joints being altogether out of place in a household where the members are numerous and possesesd of good healthy appetites; still, both kinds may be judged as follows: If young and in perfect condition, the skin will be white and smooth, and will feel cool, pleasant and elastic to the touch, whilst the flesh will closely resemble that of veal, being finely grained, firm and clean-looking, the pink of the lean just tinged with white, and the white of the fat just very faintly tinged with pink. Carefully examine the fat also, and see that it is entirely free from small kernels, as the presence of these is a proof beyond dispute that the pig was not in a state of perfect health when killed.

A Suckling Pig, to be eaten, in perfect condition, should not be more than three weeks old, and it should be cooked as soon as possible after being killed, as it loses in flavor very rapidly, and if kept longer than is absolutely necessary the crackling can never acquire that delicious crispness which renders the dish so highly esteemed and so thoroughly enjoyable.

Ham and Bacon, when of prime quality and properly cured, are fine in the grain, the lean being of a clear, bright pink, and the fat quite firm and white; but if, on the contrary, the lean is of a very dep dark red, it shows that the meat is either of inferior quality or that it has been oversalted; while yellow streaks in the fat prove that the meat has turned rusty through imperfect curing, and will, in consequence, have a very strong, disagreeable taste when cooked. Another excellent test is to run a clean, bright skewer or a very fine pointed knife in close by the bone ,and if this comes out still clean and smelling quite pleasantly, it may be taken for granted, other points being equally satisfactory, that the meat is all one could reasonably desire.

Venison should be very fine and close in the grain, with fat of a creamy whiteness. Of the three kinds, red deer or Irish venison, roebuck or Scotch venison, and fallow deer or English venison, the latter is by far the best, and when carefully preserved and skillfully cooked, the dish undoubtedly deserves to the full the great value set upon it by epicures. The flesh of the buck is usually esteemed more highly than that of the doe, but neither should on any account be eaten out of season. Like beef and mutton, venison requires to hang for a considerable time in a cool, airy place previous to being cooked, in order to render the meat rich, tender and juicy; but as it is an exceedingly difficult meat to keep in proper condition, it should be well dusted over in every part with a mixture of pepper and ground ginger in equal quantities, directly it comes into the house, as a means of keeping off the flies. Examine the joint very carefully every day, or even twice a day in unfavorable weather, and if any doubt is felt as to its condition, test it with a skewer or sharp pointed knife in the way already directed for testing ham and bacon.



Delicious Entree Dishes

FRICASEE OF CHICKEN

Cut into joints, scald and skin, place in a stewpan, with two raw onions cut into eight parts, a little chopped parsley, salt and pepper, and the least squeeze of lemon juice. Add a bit of butter as large as an egg, and fill in a pint of water. Stew for an hour under a very close lid, then lift and strain off the gravy, into which beat gradually a teacupful of cream and the yolks of two eggs; heat up the gravy, taking care that it does not boil, and pour it over the fricasee.

CHICKEN PATTIES

Mince chicken that has been previously roasted or boiled, and season well; stir into this a sauce made of half a pint of milk, into which while boiling a teaspoonful of cornstarch has been added to thicken, season with butter, about a teaspoonful, and salt and pepper to taste. Have ready small pate pans lined with good puff paste. Bake the crust in a brisk oven; then fill the pans and set in the oven a few minutes to brown very slightly.

JELLIED CHICKEN

Boil a fowl until it will slip easily from the bones; let the water be reduced to about one pint in boiling; pick the meat from the bones in good-sized pieces, taking out all gristle, fat and bones; place in a wet mold; skim the fat from the liquor; a little butter, pepper and salt to the taste, and one-half ounce of gelatine. When this dissolves, pour it hot over the chicken. The liquor must be seasoned pretty high, for the chicken absorbs.

CHICKEN SAUTE, HUNGARIAN STYLE

Singe, draw and cut into twelve pieces, two chickens of a pound and a quarter each; put them in a sautoire with an ounce of clarified butter, adding one finely chopped onion, half a pinch of salt and half a pinch of pepper, and a teaspoonful of best paprika. Let cook slowly, without browning, for five minutes on each side, then moisten with half a pint of bechamel and half a cupful of cream. Let cook again for twenty minutes, skim the fat off and serve with six pieces of fried bread croutons around the dish.

BEEF HEART, BAKED OR ROASTED

Cut a beef heart in two, take out the strings from the inside; wash it with warm water, rub the inside with pepper and salt, and fill it with a stuffing made of bread and butter moistened with water and seasoned with pepper and salt, and, if liked, a sprig of thyme made fine; put it together and tie a string around it, rub the outside with pepper and salt; stick bits of butter on, then dredge flour over and set it on a trivet, or muffiin rings, in a dripping pan; put a pint of water in to baste with, then roast it before a hot fire, or in a hot oven; turn it around and baste frequently. One hour will roast or bake it; in the pan with a bit of butter, dredg in a teaspoonful of flour; let it brown; add a small teacup of boiling water, stir it smooth, and serve in a gravy tureen.

STEWED RABBIT, LARDED

One rabbit, a few strips of bacon, rather more than one pint of good broth or stock, a bunch of savory herbs, salt and pepper to taste, thickening of butter and flour, one glass of sherry. Wash well the rabbit, cut it into quarters, lard them with slips of bacon and fry them; then put them into a saucepan with the broth, herbs, and a seasoning of pepper and salt; simmer gently until the rabbit is tender, then strain the gravy, thicken it with butter and flour, add the sherry, give one boil, pour it over the rabbit and serve. Garnish with slices of cut lemon.

CHICKEN POT PIE

Skin and cut u pthe fowls into joints, and put the neck, legs and backbones in a stew pan, with a little water, an onion, a bunch of savory herbs and a blade or mace; let these stew for an hour, and, when done, strain off the liquor; this is for gravy. Put a layer of fowl at the bottom of a pie dish, then a layer of ham, then one of force-meat and hard-boiled eggs, cut nicely on top, and serve.

BOILED TONGUE

One tongue, a bunch of savory herbs, water. In choosing a tongue, ascertain how long it has been dried or pickled, and select one with a smooth skin, which denotes its being young and tender. If a dried one, and rather hard, soak it at least for twelve hours previous to cooking it; if, however, it is fresh from the pickle, two or three hours will be sufficient for it to remain in soak. Put the tongue into a stewpan with plenty of cold water and a bunch of savory herbs; let it gradually come to a boil, skim well and simmer very gently until tender. Peel off the skin, garnish with tufts of cauliflowers or brussels sprouts, and serve. Boiled tongue is frequently sent to table with boiled poultry, instead of ham, and is, by many persons, preferred. If to serve cold, peel it, fasten it down to a piece of board by sticking a fork through the root, and another through the top, to straighten it. When cold, glaze it and put a paper ruche round the root, and garnish with tufts of parsley, in rings; between the layers put a seasoning of pounded mace, nutmeg, pepper and salt. Pour in about half a pint of water, border the edge of dish with puff crust, put on the cover, ornament the top and glaze it by brushing over it the yolk of an egg. Bake for about an hour and a half, and, when done, pour in at the top the gravy made from the bones.

RICE AND MEAT CROQUETTES

One cupful of boiled rice, one cupful of finely chopped cooked meat—any kind; one teaspoonful of salt, a little pepper, two tablespoonfuls of butter, half a cupful of milk, one egg. Put the milk on to boil, and add the meat, rice and seasoning. When this boils, add the egg, well beaten; stir one minute. After cooling, shape, dip in egg and crumbs and fry as directed.

POTATO AND BEEF HASH

Mince some cold beef, a little fat with the lean, and put to it as much cold boiled potatoes chopped as you like (the quantity as of meat or twice as much), season with pepper and salt; add as much gravy or hot water as will make it moist, then put in a stewpan over a gentle fire; dredge in a small quantity of wheat flour; stir it about with a spoon, cover the stewpan and let it simmer for half an hour—take care that it does not burn. Dish it with or without a slice of toast under it, for breakfast. This hash may be made without potatoes, if water is used instead of gravy, a bit of butter may be added, more or less, according to the proportion of fat with the lean meat.

IRISH MUTTON STEW

Cut in square pieces three pounds of mutton; wash well, drain and put them in a saucepan, covering with fresh water. Let them come to a boil; then remove into another pan. Clean the pieces well again, return them to the saucepan and cover them with boiling water. Place on the fire, seasoning with two tablespoonfuls of salt, a teaspoonful of pepper, and half a teaspoonful of nutmeg. Add two carrots, two turnips, all cut up, six small onions, and a bouquet. Let cook for twenty-five minutes, then add half a pint of potatoes cut in quarters. Dilute half a cupful of flour with half a pint

of water, strain it into the stew, stirring thoroughly, and cook again for twenty-five minutes. Remove the bouquet, thoroughly skimming before serving.

BOILED TURKEY A L'ANGLAISE

Take a very fine, tender turkey of about five pounds, singe, draw and truss well with a needle from the wing to the leg. Put it into the soup pot, and let cook for one hour; remove to a hot serving dish. Decorate the dish with a pint of cooked spinach, cooked English style (plain), and six slices of hot, cooked lean ham. Serve with half a cupful of hot broth poured over the turkey so as to keep it moist.

HASHED TURKEY A LA ROYALE

Take a pound and a half of dice-shaped pieces of cooked turkey; place them in a saucepan with a pint of bechamel, three tablespoonfuls of mushroom liquor, and two truffles cut in square pieces. Season with one pinch of salt, half a pinch of pepper and a third of a pinch of nutmeg. Let all heat together for ten minutes, then serve with six heart-shaped pieces of bread lightly covered with pate de foie gras neatly arranged around the dish.

CORNED BEEF HASH A LA POLONAISE

Brown in saucepan two onions, with one ounce of butter; add one pound of cooked, well-chopped corned beef, and one pint of hashed potatoes. Moisten with a gill of broth, and a gill of Espagnole. Season with half a pinch of pepper and a third of a pinch of nutmeg; stir well and let cook for fifteen minutes, then serve with six poached eggs on top and sprinkle over with a pinch of chopped parsley.

CALF'S BRAINS WITH BLACK BUTTER

Place three fine, fresh calves' brains in cold water, and then peel off the skins. Wash again in cold water; neatly drain; put them in a sautoire and cover with fresh water. Add two pinches of salt, half a cupful of vinegar, one medium-sized sliced carrot, one sprig of thyme, one bay leaf and twelve whole peppers. Boil for five minutes, drain well and cut each brain in two. Dress them on a dish and serve with a gill of very hot black butter.

Calf's brain is always prepared as above, adding any desired sauce.

TRIPE A LA MODE DE CAEN

Take one raw double tripe, one ox foot, three calves' feet, all well-washed and cleansed several times in fresh water, cutting them in pieces two inches long by one square. Have an earthen pot, or a saucepan, put pieces of feet at the bottom, cover over with tripe, then a layer of sliced carrots and onions, and continue the same until the vessel is full, carefully seasoning each layer. Tie in a cloth a sprig of thyme, two bay leaves, twelve whole peppers, and six cloves; put this in the middle of the pot, throw over a bottleful of cider or white wine, and a little brandy (say, one pony), lay on the top the stalks of some green leeks, parsley roots and cabbage leaves; cover, and fasten it down with paste, so that the steam cannot escape, and leave it for about ten hours in a very slow oven. Take it from the oven and serve when required.

BRAISED BEEF A LA MODE

Lard and prepare a piece of beef weighing three pounds; let it marinate for twelve hours in the juice of half a lemon, with one good pinch of salt, the same quantity of pepper, one sprig of thyme, two bay leaves, and half a bunch of parsley roots. Put the meat in a saucepan with half an ounce of butter, and let both sides brown well for ten minutes; take it out and lay it on a dish, then add to the gravy about two tablespoonfuls of flour, stirring it well, and moisten with one quart of broth, mingling it carefully while the sauce is boiling. Replace the beef in the saucepan with two sliced carrots and twelve small glazed onions, and cook for one hour ,adding a strong bouquet, a glassful of claret wine, if desired, and a little crushed garlic, also half a pinch of salt, and the third of a pinch of pepper. Serve on a hot dish; skim the fat off the gravy, straining it over. Arrange the carrots and onions in clusters around the dish, and serve.

All braised beef to be prepared exactly the same, only adding different garnishings.

GLAZED ONIONS FOR GARNISHING

Select one quart of small onions; peel the sides only and pare the roots neatly, being careful not to cut them. Place them in a santoire with half an ounce of clarified butter, and sprinkle them with half a pinch of powdered sugar. Glaze them in a slow oven for fifteen minutes; place them in a stone jar and use for garnishing when required.

SMOKED BEEF A LA CREME

Take one pound of very finely minced smoked beef, put it in a stewpan with half an ounce of butter, cook for two minutes, and moisten slightly with half a cupful of cream, adding two tablespoonfuls of bechamel and serve as soon as it boils. Do not salt it.

BLANQUETTE OF VEAL

Cut into two-inch square pieces two and a half pounds of breast of veal. Soak it in fresh water for one hour; drain it well, then lay it in a saucepan; cover with fresh water; boil, and be very careful to skim off all the scum. Add a well-garnished bouquet, six small, well-peeled sound white onions, two good pinches of salt and a pinch of pepper. Cook for forty minutes. Melt about an ounce and a half of butter in another saucepan, add to it three tablespoonfuls of flour, stir well for three minutes; moisten with a pint of broth from the veal; boil for five minutes. Set it on the side of the stove. Beat up in a bowl three egg yolks, with the juice of a medium-sized sound lemon and a very little grated nutmeg. Take the preparation in a saucepan, gradually add it to the egg yolk, etc., briskly mix with a wooden spoon until all is added. Throw this over the veal, lightly toss the whole, but be careful not to allow to boil again; then serve.

CALF'S LIVER STEWED A L'ITALIENNE

Cut two pounds of fresh calf's liver into small pieces. Put them with one ounce of clarified butter into a pan on the hot range, with one peeled and finely chopped sound onion, and a clove of crushed garlic. Season with one pinch of salt and half a pinch of pepper. Cook well for five minutes, shuffling the pan well meanwhile, then moisten with half a glassful of white wine and a gill of Espagnole sauce. Add six chopped mushrooms, and cook once more for three minutes. Serve with a teaspoonful of finely chopped parsley.

HOW TO BLANCH SWEETBREADS

Clean and neatly trim three pairs of fine sweetbreads. Soak them for three hours in three different fresh waters, one hour in each water, with one pinch of salt in each water, then drain, and freshen them in cold water. Cover with a napkin, lay them aside in a cool place, and they will now be ready for general use. When they are to be used in molds, they should be gently pressed down with a pound weight.

VEAL, STEWED A LA BOURGEOISE

Reduce in one ounce of butter three pounds of lean veal cut in pieces, with six small onions. After cooking ten minutes add two tablespoonfuls of flour, and moisten with one quart of white broth. Stir well, and season with one heaped tablespoonful of salt, one teaspoonful of pepper, and half a glassful of red wine. Add two carrots cut in square pieces, one ounce of salt pork also cut in pieces, and a bouquet. Cook for forty minutes longer, remove the bouquet and serve.

PRESSED CHICKEN

Cut up the fowls and place in a kettle with a tight cover, so as to retain the steam; put about two teacups of water and plenty of salt and pepper over the chicken, then let it cook until the meat cleaves easily from the bones; cut or chop all the meat (freed from skin, bone and gristle) about as for chicken salad; season well, put into a dish and pour the remnant of the juice in which it was cooked over it. This will jelly when cold, and can then be sliced or set on the table in shape. Nice for tea or lunch. The knack of making this simple dish is not having too much water; it will not jelly if too weak, or if the water is allowed to boil away entirely while cooking.

STUFFED TOMATOES

Wash and dry well six fine sound red to-

matoes. Cut the top of each, without detaching, so that it will serve as a cover. Scoop out the inside of each with a vegetable scoop, and place on a plat for further action. Season the inside of the six emptied tomatoes with one pinch of salt and half a pinch of pepper, equally divided. Chop very fine one medium-sized sound peeled onion; place it in a saucepan with half an ounce of butter, and cook for three minutes on a brisk fire, being careful not to let it get brown. Add six chopped mushrooms and one ounce of sausage meat. Season with one pinch of salt and half a pinch of pepper; cook for three minutes, stirring once in a while. Add now the tomatoes which were scooped out, with half a cupful of fresh bread crumbs and a teaspoonful of fresh chopped parsley. Mix well together and cook for two minutes longer, or until it comes to a boil; then place in a bowl to cool. Stuff the emptied tomatoes with the above preparation, close down the covers, gently lay them on a tin plate (dish), cover them with a buttered paper, and cook in a moderate oven for eighteen minutes, and serve.

BLACK SAUSAGE, MASHED POTATOES

Take six black sausages (or blood pudding); make four light incisions on each side of them with a knife; then broil them for five minutes on each side. Neatly arrange a pint of mashed potatoes on a hot dish; nicely dress the sausages over, and serve. They also may be baked in a pan in the hot oven for ten minutes.

What Is Mirepoix?

Stew in a saucepan two ounces of fat, two carrots, one onion, one sprig of thyme, one bay leaf, six whole peppers, three cloves, and if handy a ham bone cut into pieces. Add two sprigs of celery and half a bunch of parsley roots; cook for fifteen minutes, and use when directed in other recipes. Scraps of baked veal may also be added if at hand.

How to Make Printanier Grenat

Cut into small pieces two carrots, half a turnip, half an onion, two leaves of celery, and two leeks; steam them well for ten minutes in a saucepan with one ounce of butter; then moisten with three pints of "consomme," adding two tablespoonfuls of rice, half a pinch each of salt and pepper. Cook thoroughly for thirty minutes and five minutes before serving put in one cut-up raw tomato.

What Is a Bouquet?

How to Prepare.—Take four branches of well-washed parsley stalks—if the branches be small, take six—one branch of soup celery, well washed; one blade of bay leaf, one sprig of thyme, and two cloves, place in the center of the parsley, so as to prevent cloves, thyme and bay leaf dropping out of the bouquet while cooking; fold it well, and tie tightly with a string, and use when required in various recipes.

MACARONI

Six ounces of macaroni.

Three ounces of grated cheese.

One and half ounces of butter.

Half a pint of milk.

Three-quarters of a tablespoonful of dry mustard.

One soupspoonful of salt.

A pinch of cayenne pepper.

More than cover the macaroni with cold water and let it boil gently until half done. It must not be stirred; if it sticks to the kettle, use a fork to loosen it. Drain it and put it in layers in a baking dish with a little of the butter and some cheese between them, reserving a part of both for the top; mix the mustard, salt and pepper smooth in a little of the milk, and the rest, and pour it over the macaroni; cover with cheese dotted with butter, and bake half an hour.

MADEIRA SAUCE

Sauce Demi-Glace, or Madeira—Add one small glassful of mush room liquor to one pint of good Espagnole sauce; also a small glassful of Madeira wine, a bouquet, and a scant teaspoonful of pepper. Remove the fat carefully and cook for htirty minutes, leaving the sauce in a rather liquid state; then strain and use when needed. This takes the place of all Madeira sauces.

GRAVIES

As gravy forms such an important item in the enjoyment of certain dishes, it is most essential that every care should be taken in its preparation, so that one's appetite may not be spoiled by the appearance of that highly objectionable mixture of flour and water which is to be seen so frequently. Often the best of dishes are spoiled by the accompanying gravies. To make really good brown gravy suitable for almost any kind of meat, first of all prepare some richly flavored stock as directed for brown sauce; when quite cold and well freed from fat, put it into a stew pan with a small quantity of brown roux (equal quantities of butter and flour well mixed over a moderate fire) to slightly thicken, a few drops of browning to enrich the color, and any extra flavorings that may be desired, after which boil up, strain and serve.

When meat has been cooked in the oven an excellent gravy can be made as follows: When the joint has been removed from the tin, pour off all the fat into the dripping bowl, being careful to leave all the rich brown sediment undisturbed at the bottom; upon this sprinkle a little salt and pepper and about a tablespoonful of flour, and rub together very smoothly, then add gradually the requisite quantity of stock, boil up briskly, strain and use.

For boiled or braised meats use part of the liquid in which the meat was cooked instead of the stock already mentioned, only be careful to see that the gravy is always served of just the right consistency and of a rich brown color.

MEAT SAUCES

Bearnaise Sauce — Ingredients: Four ounces of butter, four egg yolks, four tablespoonfuls of vinegar (one of tarragon and three of malt), a dozen peppercorns, a small bunch of savory herbs, a teaspoonful of chopped onion, a spoonful of salt, two tablespoonfuls of strong stock, and one tablespoonful of finely chopped parsley. Put the vinegar into a saucepan with the stock, peppercorns, herbs and onion, and boil it gently until the liquid is reduced to about half the quantity, then add, off the fire, the egg yolks and the butter—one of the former and one ounce of the latter at a time—and stir constantly and briskly until the sauce is thoroughly hot and of a rich, creamy consistency, then strain through a hot strainer into a hot sauce-boat, and use as required.

MINT SAUCE

Is made of leaves of mint hashed, mixed with good boiled vinegar, a little water and powdered sugar to taste.

BORDELAISE SAUCE

It is a brown sauce, with minced garlic, ham, shalot, claret wine, cayenne pepper and lemon juice. Take a few shreds of lean cooked ham, just enough for flavoring; mince it fine, boil it in a pint of meat gravy. Add, while boiling, a bay leaf, two cloves, a piece of mace and a pinch of cayenne. In another saucepan put a tablespoon of minced onion, a clove of garlic, crushed, a spoonful of good olive oil; stir over the fire to cook; strain the seasoned brown gravy into it, and a cup of claret, let it boil down, skimming off the oil, and skim as it appears; add lemon juice, another spoonful of wine to brighten it by causing more scum to form. Bordelaise means sauce made chiefly of claret from Bordeaux, the famous French wine center.

SAUCE CUMBERLAND

It is a sauce to be served with game. It is made of the juice of oranges and lemons, with port wine and currant jelly melted. Season with cayenne pepper, French mustard, add then thin slices of lemon and orange peel without the white part.

Cooking and Serving of Meats

ROASTING

In the estimation of many people meat never tastes so good as when roasted before an open fire in the old-fashioned style with which all experienced housewives are familiar; but as this method of cooking, in order to be a success, requires a considerable amount of skill in the management of the fire, and involves a little expense in the extra consumption of fuel, roasting in a kitchen or gas oven is very frequently resorted to instead. If these ovens are provided with proper ventilators, through which the vapors given off by the meat may freely escape and the general principles of roasting are carefully carried out, there is no reason at all why the result should not be equally satisfactory. Which ever way is adopted an open fire or a well-heated oven—the particulars to be attended to are precisely the same. First of all, of course, prepare the fire or heat the oven, as the case may be, then get the joint ready. Trim the latter very neatly and skewer or bind it if necessary into a nice firm shape, as, for instance, a stuffed fillet of veal, a stuffed shoulder of mutton, rolled ribs of beef, etc.; then expose it to a rather high degree of heat so that the surface of the meat may as quickly as possible become seared and just sufficiently hardened to effectually retain the juices. This is done in order to preserve the flavor of the meat, which would to a very large extent be lost if the natural juices were allowed to escape. Then, just at the right moment, a point only to be learned by experience, lessen the heat either by lowering the temprature of the oven or by drawing the joint a little further from the fire, and cook more slowly until the process is satisfactorily completed, turning the joint over if necessary when half done.

Basting is a very important factor in successful roasting, as it tends very largely to render the meat rich, tender and more juicy than it would otherwise be. It should, therefore, be done very freely and frequently, especially in the case of lean meats, which, of course, require considerably more basting than fat meats.

The exact time which should be allowed for roasting can not be correctly stated. Experience alone can thoroughly teach this. The old-fashioned rule of allowing a quarter of an hour to the pound and a quarter of an hour over is only correct in certain cases. A safer and more common-sense plan by far is to judge the joint according to its thickness rather than to its weight, and also to take into consideration the kind of meat that is being dealt with. Ten minutes per pound is quite sufficient for the cooking of thin joints of beef, mutton or venison, while from twelve to fifteen minutes per pound may be allowed for thicker ones, with three or four minutes extra per pound if the joint is of lamb, veal or pork, all young or white meats requiring a longer time in order to be cooked properly than full-grown brown meats.

The prime joints for roasting are as follows: In beef, the sirloin and the ribs, though the upper part of the round and the chump end of the rump are also excellent; in mutton, the saddle, haunch, loin, leg, shoulder, and best end of the neck; in veal, the fillet, loin (kidney end to be preferred), breast, shoulder and fine end of the neck; in pork, the spareribs, loin and leg; in lamb, the fore-quarter, hind-quarter, leg, loin and shoulder; and in venison, the haunch, shoulder and best end of the neck.

In roasting meat it is customary to wrap the joint after it has been properly prepared, in well-oiled or thickly greased paper, then cover it entirely with a stiff paste of flour ered with more greased paper securely fast and water, which latter must in turn be covened on with string, after which it is cooked according to the directions already given, until about half an hour previous to being done, when all the paper and paste must be carefully removed, the joint dusted over with fine flour mixed with salt, and freely basted for the remainder of the time.

When the cooking has been satisfactorily accomplished take up the joint and remove the skewers or other fastenings, substituting hatelets, or pleated skewers, if such are available, then place it neatly on a very hot dish, pour a little rich brown gravy round about, garnish appropriately, and serve with suitable accompaniments.

Roast beef may be garnished just simply with freshly scraped horse radish and sprigs of parsley, or with small baked tomatoes, whole mushrooms, braised vegetables, such as celery, button onions, leeks or salsifies, etc.; just according to taste, and it should be accompanied by more rich brown gravy in a gravy boat, small neat squares of Yorkshire pudding, dished up tastefully on a hot dish-paper, and garnished with sprigs of fried parsley, and either horse-radish, espagnole, brown mushrooms o rtomato sauce in a hot tureen.

Roast mutton, also, may be garnished with daintily cooked tomatoes or mushrooms, or both, the items being arranged alternately with a sprig of parsley between each, or it may be served with simply a little rich brown gravy poured round about, more gravy being sent to table in a gravy boat, with either soubise, brown caper, brown mushroom or tomato sauce in a tureen, and red currant jelly as an accompaniment.

Roast lamb is extremely nice if dished up with a properly prepared cucumber garnish and served with good brown gravy and cucumber sauce; or, if preferred, the joint may be garnished round with daintily fried potato croquettes, cauliflower sprigs dipped in hot butter, and lightly sprinkled with salt, pepper and finely minced parsley, or a nice border formed of tiny heaps of some carefully cooked green vegetables, artichoke bottoms skillfully prepared and filled with peas or beans which have been well boiled, then cut fine and sauted, or with a mushroom puree interspersed with slices of cooked tomato, etc., and be accompanied by rich brown gravy and mint sauce; or, again, if a plainer dish is required, roast lamb is excellent when served with the gravy and mint sauce only, a little of the former being poured round the joint.

For roast veal the most popular garnishing is composed of small, daintily-fried forcemeat balls, slices of fresh lemon, curled bacon and sprigs of parsley, and the most favorite accompaniments are brown gravy with tomato, piquante, bechamel, white mushroom provencale or espagnole sauce.

Roast pork may, if liked, be garnished round with tiny heaps of sage and onion stuffing, slices or quarters of fresh lemon and sprigs of parsley, or it may be dished up with just a little brown gravy poured round about, but in either case it should be accompanied by more hot gravy in a gravy boat and one or other of the following sauces: Piquante, tomato, apple, soubise, sage and onion, or provencale.

Roast venison is not generally garnished unless it be so with French plums which have been cooked in claret; it should be served just as hot as possible, accompanied by brown gravy and red currant jelly, and either piquante, poivrade or port wine sauce.

ROAST LOIN OF MUTTON

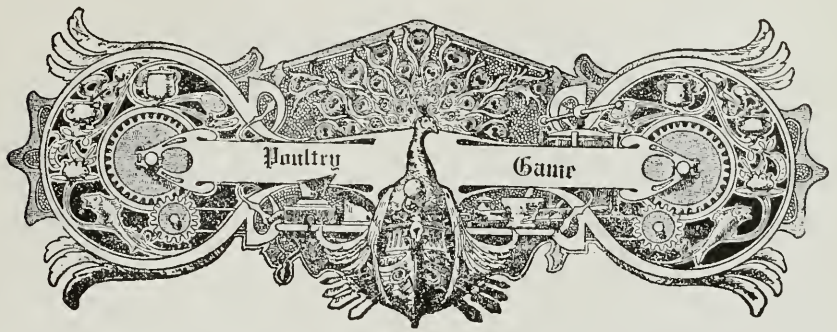
Loin of mutton, a little salt. Cut and trim off the superfluous fat, and see that the butcher joints the meat properly, as thereby much annoyance is saved to the carver, when it comes to the table. Have ready a nice clear fire, put down the meat, dredge with flour, and baste well until it is done.

ROAST FOREQUARTER OF LAMB

Lamb, a little salt. To obtain the flavor of lamb in perfection it should not be kept long; time to cool is all that is required; and though the meat may be somewhat thready, the juices and flavor will be infinitely superior to that of lamb that has been killed two or three days. Make up the fire in good time, that it may be clear and brisk when the joint is put down. Place it at sufficient distance to prevent the fat from burning, and baste it constantly till the moment of serving. Lamb should be thoroughly done without being dried up, and not the slightest appearance of red gravy should be visible, as in roast mutton; this rule is applicable to all young white meats. Serve with a little gravy made in the dripping pan, the same as for other roasts, and send to table with a tureen of mint sauce.

ROASTED FRESH PORK

Take three pounds of fresh loin of pork, season two hours before needed with two good pinches of salt and one good pinch of pepper, well distributed. Put it into a roasting pan with half a cupful of water, place it in the oven and let roast for fully one and a half hours, being careful to baste it frequently with its own gravy. Remove it to a hot dish, skim the fat from the gravy, strain the lean part over the roast, and serve.



As the general principles of roasting, boiling, braising, grilling and frying have already been explained, a repetition of these would be superfluous. The same rules apply to the cooking of poultry of all kinds and the larger varieties of game, such as pheasants, partridges, grouse, rabbits, hares, deer joints, venison steaks, etc.

When neatly trussed for boiling or roasting, or cut in pieces for grilling or frying (a part of the business which the poulterer should always be asked to perform, unless the cook is thoroughly experienced), stuff with some good suitable forcemeat (see page —) or not, just according to taste, and cook as already directed. When done, dish up neatly on a nice hot dish and serve with either of the following sauces:

For boiled or braised capons, chickens, fowls and turkeys, the most popular sauces are oyster, white mushroom, celery, bechamel, chestnut and parsley butter, the choice of course being in harmony with the forcemeat, if it is being used; for ducks, geese and rabbits a well-made soubise sauce; for partridges, pheasants and grouse, soubise, liver, horse-radish, celery, bechamel, or white mushroom sauce; and for a braised hare, which forms a very favorite dish, with those who know it, espagnole, brown mushroom, poivrade, or provencale sauce. The edge of the dish should be garnished tastefully with slices of fresh lemon and sprigs of parsley, and with a capon, chickens, fowls, turkeys or rabbits, a small well-boiled and prettily garnished ham, tongue or piece of prime bacon should be served as an accompaniment. A little of the sauce should always be poured over the birds or the joint, as the case may be, and more sent to table in a hot tureen.

With roast capons, chickens, fowls and turkeys serve oyster, chestnut, espagnole, egg, or bechamel sauce, as well as rich brown gravy and bread sauce; garnish round the edge of the dish with a tasteful arrangement of curled bacon, sliced lemon, small forcemeat balls and sprigs of parsley, or with a ring of nicely cooked pork, or veal and ham sausages, sprigs of parsley and cut lemon. With roast ducks or geese, serve rich brown gravy and apple sauce, the edge of the dish being garnished with slices of fresh lemon and sprigs of parsley. Serve bread sauce, browned bread crumbs, and game gravy with roast partridges, pheasants, grouse, ptarmigan and black game, and garnish the dish with fresh, crisp watercress which has been well washed, thoroughly dried and seasoned with salt, pepper, salad oil and tarragon vinegar or fresh lemon juice. With roast rabbit or hare serve espagnole, piquante, poivrade, provencale, reforme, port wine, or liver sauce, and garnish the dish with curled bacon, balls of forcemeat and sprigs of parsley; or, if preferred, garnish with watercress prepared as above, and serve with warm red currant jelly and game gravy.

Spring chickens, ducklings and goslings are not generally stuffed, as the natural flavor of the bird is so very delicate and delicious that no addition is needed. They should be very carefully prepared, trussed and roasted and be sent to table as hot as possible, garnished with watercress prepared as directed for partridges, etc., and accompanied by any of the sauces, etc., recommended for older birds of the same

variety.

When poultry or game has been cut into joints or pieces and been grilled or fried it should be dished up as follows: If a coating of egg and bread crumbs or any other form of masking has been used, the surface of the meat should, of course, if properly cooked, be quite dry and crisp, therefore arrange it neatly on a hot dish-paper, garnish tastefully and serve at once with the sauce or gravy (if such is required) in a hot tureen; but if just seasoned and plainly fried or grilled, pour the gravy or sauce over the meat, garnish with appropriate items, and serve very hot. Any of the sauces, gravies or garnishes recommended for roast game or poultry are equally suitable when the meat has been grilled or fried.

The smaller varieties of game, such as woodcock, snipe, quails, teal, ortolans, plovers, widgeon, etc., should be cooked and served as follows: Pick the birds very carefully, as the skin tears so easily, and truss them firmly, but do not draw them, the trail or intestines being considered the daintiest part of the whole. Rub them over entirely and very liberally with good fresh butter, tie strips of thinly-cut fat or bacon over the breasts and roast before a clear hot fire from fifteen to twenty minutes, small game being generally preferred slightly underdone. Place some pieces of toast under the birds so as to catch the trail as it drops during the process of cooking, and baste frequently by brushing the birds over with a brush dipped in liquid butter, or clarified fat, instead of pouring the fat over them in the usual manner, as this latter method would completely spoil the toast, which is generally regarded as one of the tit-bits of the dish. When done, serve the birds upon the toast, the latter being neatly arranged on a very hot dish; garnish with seasoned watercress and send to table with port wine, espagnole, or piquante sauce, or bread sauce, browned bread crumbs and game gravy as accompaniments.

Never wash poultry or game, with the exception of rabbits and hares, unless absolutely necessary; just rub them gently but thoroughly, inside and outside, with a clean damp cloth, which is a decidedly better method, washing being very liable to detract from the flavor. Rabbits and hares, however, are thought by some people to be improved by being soaked for a short time previous to cooking, either in tepid water or equal parts of milk and water. But this, of course, is entirely a matter of opinion, as others again think just the reverse.

ROAST RABBIT

Empty, skin and thoroughly wash the rabbit; wipe it dry, line the inside with sausage meat and force meat (the latter of bread crumbs, well seasoned and worked up). Sew the stuffing inside, skewer back the head between the shoulders, cut off the fore joints of the shoulders and legs, bring them close to the body and secure them by means of a skewer. Wrap the rabbit in buttered paper, keep it well basted, and a few minutes before it is done remove the paper, flour and froth it, and let it acquire a nice brown color. It should be done in three-quarters of an hour. Take out the skewers and serve with brown gravy and red currant jelly. To bake the rabbit, proceed in the same manner as above; in a good oven it will take about the same time as roasting.

ROAST TURKEY

Clean the turkey, rub the inside with an onion, or rinse it thoroughly with a pint of water in which a teaspoonful of soda is dissolved, then wash clean with cold water; crush the point of the breast bone; this will give the fowl a fine, round appearance. Truss it as you would a chicken; stuff it with bread crumbs, seasoned with pepper, salt, herbs and two or three ounces of butter. Lay it in a dripping pan, spot it with pure lard or drippings, put three gills of water in the pan, and baste very often. When the breast is nice and brown protect it with a sheet of white paper. Boil the giblets, chop them fine and add them to the gravy, which may be made in the dripping pan when the turkey has been taken out. If there is too much fat, pour it off before putting in the giblets, and if too little gravy, add a little soup stock if on hand, otherwise water. Thicken and season to taste. Pour some of it around the turkey and serve the rest in a bowl. Thin slices of ham or bacon fried crisp may be curled and laid around the turkey. Stewed cranberries or stewed apples should be served with it.

Potatoes

SARATOGA POTATOES

Pare the potatoes, slice them thin as possible on the potato cutter, leave them for an hour or an hour and a half, in cold water, then dry them in a towel. Have a kettle of deep lard for frying them. When it is hot, cover the surface with the dried slices. Sprinkle a little salt over them, turn them with the skimmer and when done lay them on a doubled brown paper in the open oven. Fry them all in this way, piling them up on the paper as they come from the lard. They are eaten both hot and cold for breakfast, lunch or tea, sometimes with a fork or oftener with the fingers.

NEW ORLEANS POTATOES

Pare and cut the potatoes in three-quarter inch dice. Leave them in water as in the above receipe; drain, dry and cook them in the same way, giving them, however, a little more time. A quarter of an onion dropped in the hot lard imparts a fine flavor to the potatoes.

SCALLOPED POTATOES

Slice cold boiled potatoes very thin and small. Put one quart of them in a pan in layers with two even teaspoonfuls of salt, two-thirds of a teaspoonful of pepper, and two and one-half ounces of butter. Pour half a pint of cream over the whole; if milk is used, more butter is required. Cover the potatoes with grated bread, a little pepper and salt and small bits of butter. Bake until thoroughly heated and browned.

POTATOES A LA PARISIENNE

Cut raw potatoes with a vegetable cutter into balls the size of a marble. Fry them brown in butter. Season with a little pepper, salt and chopped parsley.

POTATO CROQUETTES

One and one-half pounds of potatoes passed through the collander.
Three ounces of grated bread.
Two ounces of butter.
Half a gill of cream.
Two teaspoonfuls of salt.
Half a small nutmeg, grated.
Two eggs.
A small pinch of cayenne pepper.

Mix the butter with the potatoes while warm. Use the cream to help pass the potato through the colander. Add the salt, pepper, nutmeg and one beaten egg. Mix all thoroughly together, then make up into rolls about four inches long and one and one-half inches through; or make them round and flatten them, but be very careful to have the surface perfectly smooth. Beat the egg on a plate, have the bread grated very fine, rolled and sifted cracker will do, but which ever is used it must be fine as coarse cornmeal to insure a beautiful crust. Roll the croquettes first in the egg and then in the bread. Lay them in the basket and plunge it in the hot lard. When a light brown lay the croquettes on browned paper for a moment, then serve on a napkin.

MASHED POTATOES

Four pounds of peeled raw potatoes.
Six ounces of butter.
One and one-half gills of milk.
One and one-half tablespoonfuls of salt.

Boil the potatoes, pour off the water, mash them with the potato pounder, add the milk, butter and salt and beat until all are not only thoroughly mixed, but light. Cream may be used instead of milk, and the quantity of butter lessened.

POTATO AS RICE

Dress the potatoes as in the above receipe, and rub them quickly through the colander into a hot vegetable dish. The puree must not be touched, but allowed to lie just as it falls from the colander. Serve at once.

POTATO BROWNED IN SLICES

What remains of the mashed potato after dinner may be pressed evenly in a basin, and the next morning cut in slices half an inch thick and fried a light brown on the griddle, or browned in the oven.

Slice cold boiled potatoes lengthwise. The slices should not be less than half an inch thick. Broil them on the gridiron on both sides. Lay them in a hot vegetable dish, sprinkle with a little salt and pepper and put bits of butter over them, to be served very hot.

POTATOES FRIED WHOLE

Select small ones of uniform size. If this cannot be easily done, cut them down to the proper size (the surplus bits may be boiled and mashed for balls and croquettes), boil them until nearly done in salted water, then lay them in the frying basket and plunge it in deep hot lard. If preferred, they may be dipped in egg and grated before frying.

BAKED POTATOES

Wash them well with a brush to get every particle of grit from the eyes, then rinse them in clear water; lay in the oven and bake half an hour. They should be served immediately.

POTATOES LYONNAISE

Slice cold boiled potatoes, fry them, adding salt, pepper, half an onion grated and a little parsley chopped fine.

SWEET POTATOES

Boil or bake them like Irish potatoes, but give them more time. If boiled they must be pared before serving. Cold sweet potatoes are very nice cut and fried.

FRYING (French)

The secret of accomplishing this work to perfection is to have the lard so deep that it entirely covers what you wish to fry, and so hot that it will instantly form a crust over the entire surface of the article that is being fried. If further cooking is necessary, the heat must be reduced. Says Savarin: "In frying, when once the surface has been affected, lower the fire a little, so that the stewing of the interior particles may not be too quick, and in order that the gradual heat may better bring out the taste." By this mode we avoid the fat-soaked, unwholesome dishes which are so often the result of not paying attention to this very important point.

The best frying is done by plunging the article entirely in boiling fat. How often do we see fried potatoes or soles mere slices of something softened in grease? Boiling grease does not enter articles plunged into it, but forms a crust on their surface, which keeps it out. A well-fried sole will hardly soil the napkin on which it is laid. Either lard or drippings may be used for this purpose. Test the heat with a bit of bread an inch square; if it browns in one minute the heat is right.

Vegetables

Be certain to have the vegetables fresh; wash and examine them very carefully, to be sure that they are free from grit, insects and worms. Let them lay in cold water half an hour or more before using.

As there is no English word to describe a substance that has been rubbed through the collander, or pounded to a pulp, the French word puree will be used occasionally in the following recipes.

Where cream is used with vegetables, milk slightly thickened with an additional bit of butter may be substituted.

Spinach

Look it over carefully and wash it thoroughly, take it from the water, put it in a saucepan without water, cover closely and boil half an hour. Put it in the collander, press all the water from it, return it to the fire, cut it several times across, season with butter, salt and pepper.

It may otherwise, when boiled soft, be rubbed through the collander, then put in a saucepan and seasoned with butter, pepper and salt. When hot, beat in a cupful of rich cream.

Green Peas

Be sure that they are young, as old peas are fit for nothing but soup. Throw them in boiling water and boil from thirty to thirty-five minutes. Drain them, season with butter, salt and pepper and add a half a gill of rich cream.

Boiled Cauliflower

Remove the leaves, cut off the main stalk close to the flower, wash it thoroughly, lay

it in boiling milk and water slightly salted, with the stalk down; cover and boil moderately; when done, lay it in the collander, being very careful not to mar the flower; when well drained serve in a vegetable dish with the flower up, and pour over it a rich drawn butter.

Lima Beans

Put one quart of shelled beans into a pan of cold water and let them remain one hour; put them in boiling water, more than enough to cover them; when tender pour off the water, add two ounces of butter and half a gill of cream, season with salt and pepper; let it simmer a few minutes, then serve. All shell beans may be cooked like the above.

Green Corn, Boiled

Throw the husked ears in a kettle of boiling water slightly salted, and boil them from twenty to thirty minutes. Serve in a napkin, or boil and serve in the thin inner husk, if preferred.

Corn Fritters

Six large ears of corn.
Two eggs.
Three tablespoonfuls of flour.
Salt to the taste.

Grate the corn or cut it off the cob; add the eggs, well beaten, the flour and salt; mix well and drop it in hot lard a quarter of an inch deep. When browned on one side, turn to the other. Serve very hot.

Winter Succotash

Parboil a pint of beans and throw off the water, add one quart of boiling water and when they have boiled twenty minutes throw in a gill of cold water, and twenty minutes afterward throw in another. In this way the beans will be cooked in an hour and a quarter. Have ready a pound of salt pork which has been boiled two hours, and a can of sweet corn boiling hot; add them to the beans, with two tablespoonfuls of white sugar, three ounces of butter rolled in flour, salt and pepper to taste, and a little water, if necessary. Let all simmer together for half an hour, then serve very hot.

Stewed Cabbage

Slice cabbage as for cold slaw, cover with water and stew in a covered saucepan until tender; pour off the water, add a bit of butter (about two ounces to a dish holding three pints), and salt, pepper and vinegar to suit the taste; stir it as little as possible, let it simmer a few minutes, then it is ready to serve.

Fried Egg Plant

Cut in thin slices and soak an hour in salt and water, two even teaspoonfuls to a quart, sprinkle same with a little salt and pepper, dredge with flour and fry on both sides in hot drippings or butter. Or, dip the pieces in a beaten egg, well seasoned with salt and pepper, then in finely grated bread, and fry in deep lard in the basket, or as above.

Salads

LETTUCE

The early lettuce and first fine salad are five or six leaves in a cluster; their early appearance is their greatest recommendation; cabbage or white-heart lettuce is later and much more delicate; break the leaves apart one by one from the stalk and throw them into a pan of cold water; rinse them well, lay them into a salad bowl or a deep dish, lay the largest leaves first, put the next size upon them, then lay on the finest white leaves; cut hard-boiled eggs in slices or quarters and lay them at equal distances around the edge and over the salad; serve with vinegar, oil and made mustard in the castor. Or, having picked and washed the lettuce, cut the leaves small; put the cut salad in a glass dish or bowl, pour a salad dressing over and serve; or, garnish with small red radishes, cut in halves or slices, and hard-boiled eggs cut in quarters or slices; pour a salad dressing over when ready to serve. Serve with boiled lobster, boiled fowls or roasted lamb or veal.

COLD SLAW

Chop or shred a small white cabbage. Prepare a dressing in the proportion of one tablespoonful of oil to four of vinegar, a teaspoonful of made mustard, the same quantity of salt and sugar, and half as much pepper. Pour over the salad, adding, if you choose, three tablespoonfuls of minced celery; toss up well and put into a glass bowl.

WALDORF SALAD

Cut apples and celery in dices, mix with good mayonnaise dressing and grated nuts. Serve on a lettuce leaf.

POTATO SALAD

Mix one teaspoonful of salt, half teaspoonful of pepper, two tablespoonfuls of finely chopped parsley and two grated onions, with a gill of vinegar and a gill of oil. Slice cold boiled potatoes not too thin, pour the dressing over them and let stand half hour before serving. The quantity of dressing is sufficient for two quarts of sliced potatoes.

SALAD DRESSING

Yolks of two hard-boiled eggs rubbed very fine and smooth, one teaspoon English mustard, one of salt, the yolks of two raw eggs beaten into the other, dessertspoon of fine sugar. Add very fresh sweet oil poured in by very small quantities, and beaten as long as the mixture continues to thicken, then add vinegar till as thin as desired. If not hot enough with mustard, add a little cayenne pepper.

FRENCH SALAD DRESSING

Three tablespoonfuls of oil, one of vinegar, one saltspoonful of salt, one-half of a saltspoonful of pepper. Put the salt and pepper in a cup and add one tablespoonful of the oil. When thoroughly mixed, add the remainder of the oil and the vinegar. This is dressing enough for a salad for six persons. If you like the flavor of onion, grate a little juice into the dressing. The juice is obtained by first peeling the onion, and then grating with a coarse grater, using a good deal of pressure. Two strokes will give about two drops of juice.

CREAM DRESSING FOR COLD SLAW

Two tablespoons whipped cream, two of sugar and four of vinegar; beat well and pour over cabbage, previously cut very fine, and season with salt.

RED VEGETABLE SALAD

One pint of cold boiled potatoes, one pint of cold boiled beets, one pint of uncooked red cabbage, six tablespoonfuls of oil, eight of red vinegar (that in which beets have been pickled), two tablespoonfuls of salt (unless the vegetables have been cooked in salted water), half a teaspoonful of pepper. Cut the potatoes in thin slices and the beets fine, and slice the cabbage as thin as possible. Mix all the ingredients. Let stand in a cold place one hour, then serve. Red cabbage and celery may be used together.

CELERY SALAD

One boiled egg, one raw egg, one tablespoonful salad oil, one teaspoonful white sugar, one saltspoonful of salt, one saltspoonful of pepper, four tablespoonfuls of vinegar, one teaspoonful made mustard. Prepare the dressing as for tomato salad; cut the celery into bits half an inch long and season. Eat at once, before the vinegar injures the crispness of the vegetable.

SALAD DRESSING (Excellent)

Four eggs, one teaspoonful of mixed mustard, one-quarter teaspoonful of white pepper, half that quantity of cayenne, salt to taste, four tablespoonfuls of cream, vinegar. Boil the eggs until hard, which will be in about one-quarter hour or twenty minutes; put them into cold water, take off the shells and pound the yolks in a mortar to a smooth paste. Then add all the other ingredients, except the vinegar, and stir them well until the whole are thoroughly incorporated one with the other. Pour in sufficient vinegar to make it of the consistency of cream, taking care to add but little at a time. The mixture will then be ready for use.

CHICKEN SALAD

Boil one chicken tender; chop moderately fine the whites of twelve hard-boiled eggs and chicken; add equal quantities of chopped celery and cabbage; mash the yolks fine, add two tablespoons butter, two of sugar, one teaspoon mustard; pepper and salt to taste; and lastly, one-half cup good cider vinegar; pour over the salad and mix thoroughly. If no celery is at hand, use chopped pickled cucumbers or lettuce and celery seed. This may be mixed two or three days before using.

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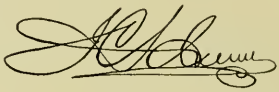

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Puddings and Jellies

LEMON PUDDING

One pint of rich milk.
Six ounces of white sugar.
Four eggs, well beaten.
Four tablespoonfuls of rolled cracker.
Two tablespoonfuls of melted butter.

The grated rind of one and a half lemons and the juice of one. Add the softened butter to the sugar, cracker and eggs, and beat thoroughly together; stir in the lemon, then add the milk gradually, mixing well; put it in deep, paste-lined plates, and put it in quite a hot oven, reducing the heat after the first eight or ten minutes. To be eaten cold.

COCOANUT PUDDING

Half a pound of sugar.
Half a pound of butter.
Half a pound of grated cocoanut.
The whites of six eggs.
One tablespoonful of rosewater.
Two tablespoonfuls of wine.

Be careful to pare all of the brown skin from the cocoanut before grating; beat the butter and sugar to a cream; whisk the eggs to a dry froth, and stir them in the butter and sugar; add gradually the rosewater, wine and cocoanut. Bake in pie-plates, lined with dough.

ORANGE PUDDING

The grated rind of two oranges.
The juice and soft pulp of three oranges.
Half a pint of sugar.
Half a pint of milk.

Two Boston crackers, rolled and sifted, or four and a half teaspoonfuls of rolled and sifted cracker.

One ounce of butter.

Cream the butter, stir in the rind, the juice and sugar, the well beaten eggs and crackers; add the milk, mix well, and bake in a pudding dish lined with dough.

RICE PUDDING

Ten ounces of sugar.
Five ounces of rice.
Two ounces of butter.
One pint of milk.
One pint of water.
Half a teaspoonful of salt.
One lemon.
Four eggs.

Wash the rice thoroughly and boil it in the water with the salt until holes come on the surface; add the butter, cut in bits, six ounces of the sugar, and the grated rind of the lemon; beat the yolks thoroughly, stir the milk with them and pour it gradually on the rice, mixing gently. Bake, and when cold beat the whites of the eggs to a stiff froth, add gradually the remainder of the sugar and flavor with the juice of the lemon. Put this meringue over the pudding and brown it delicately in the oven.

BREAD PUDDING, BOILED, NO. 1

Half a pound of bread crumbs.
Half a pint of cold milk.
Three ounces of raisins.

Break the bread in rather large pieces, pour the milk over the bread and raisins and stir that the milk may reach all of the pieces; in five minutes tie it in a cloth and steam it half an hour. The cloth requires neither butter nor flour to prevent the pudding from sticking. When ready to serve, dip it for an instant in cold water and the cloth will come off easily.

AN ENGLISH BAKED BREAD PUDDING

Half a pound of grated or crumbed bread.
Four ounces of butter.
Four ounces of sugar.
Two ounces of candied lemon peel.
One pint of milk.
Six bitter almonds.
One tablespoonful of wine.
Four eggs.

Put the milk and bitter almonds, shredded, over boiling water; cut the lemon peel in small, thin strips over the bread; add the butter and sugar. When there is a film on the milk pour it over them; when cool add the well-beaten eggs. To be baked three-quarters of an hour in a pudding dish or in a buttered mould and turned out. It may be eaten with or without sauce.

LEMON JELLY

One pound of sugar.

One and a half pints of boiling water.

One ounce of isinglass, soaked two hours or more in half a pint of cold water.

Half a gill of wine.

The juice and grated rind of three lemons.

Pour the boiling water on the isinglass, stir it, and add the other ingredients; then pour it in moulds wet with cold water.

WINE JELLY

One box of Cox's gelatine.

One and a half pounds of sugar.

Two quarts of water.

One pint of wine.

Two lemons.

Pour one pint of cold water on the gelatine and the rind of the lemons; let it stand an hour, then add three pints of boiling water, the sugar, wine and lemon juice; strain it and put in moulds, which must be placed on ice unless the weather is so cold that the jelly will stiffen in the open air.

STRAWBERRY JELLY

Strain a quart of the acid and warm it over a vessel of hot water, adding to it one ounce of gelatine which has been dissolved in as little water as possible; mix well and pour into moulds. In hot weather take one and a half ounces of gelatine.

ORANGE JELLY

One pound of sugar.

Half a pint and about two-thirds of a gill of strained orange juice.

Three gills of boiling water.

The strained juice of two lemons.

The rind of two oranges.

One ounce of Cooper's isinglass.

Soak the isinglass in cold water two hours, taking care that it does not float; boil the orange peel in a pint of water until enough of the flavor is extracted; this must be decided by the taste, as some like it quite bitter. Put the lemon juice in the gill measure, fill it up with orange juice, and put it with the half pint of juice on the sugar. Take the isinglass from the water, lay it for a moment on a towel, then put it in a two-quart basin with three gills from the water boiling with the orange peel; add the sugar, etc., stir well and let it heat gradually and when just ready to boil strain it through a towel, and pour it into moulds wet with cold water.

COFFEE JELLY

One pint of clear coffee, as strong as it is generally drank, sugar to taste. Pour one gill of cold water on half an ounce of Cox's gelatine and let it soak fifteen minutes; pour off the water and put the gelatine, when well dissolved, in the hot coffee; wet a mould and pour it in through a strainer.

ORIENTAL JELLY

This consists of red and yellow jellies placed irregularly in small quantities in the same mould with bits of quince.

One box of Cox's gelatine.

One and a half pounds of sugar.

Two quarts of water.

One pint of wine.

One slightly heaped tablespoonful of dried saffron flowers.

One and a half teaspoonfuls of scoke-berry syrup.

The pared rind and juice of two lemons.

Pieces of canned quince.

Pour one pint of cold water on the gelatine and let it stand an hour; drain the juice thoroughly from the quince and lay the pieces in a napkin; add two pints of boiling water to the gelatine, the lemon peel and juice, the sugar and wine; dissolve thoroughly and let it stand while the saffron steeps a few minutes in two gills of water; then take out the lemon peel and divide the jelly in two equal parts, each part now requires two gills of water. If the measure of saffron water falls short, make it up with boiling water, and add it to one-half of the jelly, making it a bright yellow; to the other half add two gills of boiling water and the scoke-berry juice to make it a deep red; place these jellies on ice until they are so stiffened that you can barely take up a heaped teaspoonful, then wet a mould, lay in two tablespoonfuls of one color and then of the other, putting in each a strip of quince about an inch long and half an inch wide. In this way fill the mould and place it at once on the ice.

Cakes, Pastry and Pies

INSTRUCTIONS FOR CAKE BAKING

FIRST, attend to the oven, which must, for most cakes, be the heat required for baking bread. See that the fire is in condition to insure a steady heat for three-fourths of an hour from the time the cake goes in, neither increasing nor decreasing the temperature. It is bad to add coal while the cake is in the oven, and it is equally bad to open oven doors for cooling. Then prepare the baking pans. These must be thinly buttered, and the lower part covered with paper (many butter the paper also, but it is not necessary.) Collect all the ingredients, measured or weighed, as the recipe requires. Should the butter be quite salty, it must be washed in cold water, press out the water and cream the butter, when the sugar may be gradually added and thoroughly beaten in. Beat the yolks of the eggs until they are thick and smooth, and add them, beating well, to the butter and sugar; add the spice, then beat the whites of the eggs to so stiff a froth that they will adhere to the bowl, when it is turned upside down. If the recipe requires milk, it should now be stirred in alternately with the whites of the eggs and then the flour, after which it should be stirred as little as possible. Fill the pans but little more than half their depth and if possible do not move them while the cake is baking.

Icing can be made while the cake, if in ordinary loaves, is in the oven. If the icing be for jelly cake, which bakes in a few minutes, it should be ready when the cake goes into the oven. The whites of three eggs will make sufficient icing for two loaves of cake.

The batter of some kinds of cake will keep a week in a cold place—"drop cake," for instance. It is not always convenient to bake the quantity made, nor does the cake keep fresh for many days.

Icing will keep for weeks, closely covered in a cool place. If too stiff from partial drying, add a little water. The whites of eggs will keep for several days. The white of a common sized egg weighs one ounce. It is very convenient to know this, as you sometimes want to take the white of one or more eggs from seven or eight that have been put away together, and by weighing you can be sure of the number.

PASTRY

In making pastry, it is all-important to have good butter and good lard, and that they shall be firm. They should be thoroughly hardened on the ice; the dough should be mixed with ice water and made in a cool room. Do not touch it with the hand until it reaches the paste board, and then as little as possible. The object of rolling is to incorporate the hard butter and lard with the flour, without the aid of heat. Pastry, with the exception of mince pies, which are heated when served, should always be eaten the day it is baked. Unbaked pastry may be kept for several days if perfectly cold; in using it, it is necessary to simply flour the plate, not butter it.

PUFF PASTE

One pound of flour.

Five ounces of flour for the board and rolling-pin.

Half a pound of butter.

Half a pound of lard.

Two gills of ice water.

Sift the flour in a two-quart bowl; cut the butter and lard into bits about the size of an unshelled almond. Scatter the water over the whole, and mix lightly with the knife. Flour a space on the board, put the rough dough in the center of this space, flour the pin and roll the dough. With a small sieve sift a light, barely perceptible coating of flour over the whole sheet; then fold it in thirds lengthwise and across, making a piece about eight inches long and seven inches wide; turn it over and put more flour under it, and over the board; roll it out again, sift it with flour and fold; roll it out the third time; sift and roll lightly in the form of a scroll; cut it across in the center, lay it on a plate and leave it on the ice for fifteen minutes or longer, when it is ready for use.

FOR VOL A VENT (Patties)

Roll puff paste one inch or three-quarters of an inch thick, and about the size desired. Lay it on a baking tin, and if a small vol au vent is required cut it round; if large, oval. For cutting round, use a saucepan cover. Trace with a knife, dipped in water to prevent sticking, a smaller inner circle, for the cover, leaving an edge about one inch broad, penetrate the knife to nearly half the thickness of the paste; or a smaller tin cover may be laid on the paste and pressed in gently, to mark the inner circle. Bake, and when well risen and of a nice light brown, take out; lift the cover immediately, being careful not to make any openings in the lower part; this is called one of the nicest operations in cookery. Lay the cover aside, and if the inner part does not seem thoroughly baked, return it to the oven for a short time. If an oval vol au vent is wished, the paste may be cut with an oval basin, or maked with a vegetable dish and cut with a knife.

PLAIN WHITE CAKE

Four ounces of butter.

Three gills of milk.

One and one-half pints of flour.

One pint of sugar.

One and one-half teaspoonfuls of cream of tartar.

Three-quarters of a teaspoonful of soda.

Two eggs, the whites whipped to a stiff froth.

Bitter almonds to taste.

Beat the butter and sugar together, add the yolks and beat until very light, then stir in the milk in which the soda is dissolved, the flour in which the cream of tartar is sifted, and the whites of the eggs alternately. Add the butter almonds, put in a paper-lined pan and bake.

DELICIOUS COFFEE CAKE

Two and one-half pounds of flour.

Nine ounces of brown sugar.

Fourteen ounces of butter.

One pint of molasses.

One pint of strong coffee.

Two and one-half pounds of seeded raisins cut in two.

One pound of citron.

Two teaspoonsful of mace.

Two teaspoonsful of cinnamon and two of nutmeg.

One teaspoonful of cloves and one of allspice.

Two teaspoonfuls of soda, dissolved in a little of the coffee.

Rub the sugar and butter together, add molasses, coffee and flour alternately, leaving a pint of flour in which to rub the fruit, then add the soda, and lastly the fruit.

SHORT CAKE

One quart of flour.

One pint of thick sour milk.

One and one-quarter teaspoonfuls of soda.

One-third teaspoonful of salt.

Two ounces of butter.

Put the flour in a bowl, put the sour milk in the center with the soda dissolved in a teaspoonful of hot water, the salt and the butter stirred to a soft cream; beat thoroughly. Before mixing in all of the flour, stir in the whole, place it on the floured board and firm it quickly into a smooth mass; roll it out about one-third of an inch in thickness; cut it in small cakes, prick and bake in a quick oven.

SODA BISCUITS

One pound of flour.

Two ounces of butter.

One ounce of lard.

Three gills of sweet milk.

One even teaspoonful of soda.

Three even teaspoonfuls of tartar.

Sift the soda and cream of tartar through a very fine sifter into the flour, stir in the milk, then lay the dough on the floured board, work it very lightly into shape; roll, cut, lay in pans, prick and bake it in a quick oven.

APPLE PIE

Line the plate with paste and fill it with layers of sour apples sliced very thin, sugar and spice. Allow one and a half gills of sugar to a pie of ordinary size, and cinnamon, or nutmeg, or whole cloves to the taste. Cover with paste and cut a slit an inch long in the center, wetting the edge of the lower

Ices

FOR FREEZING ICES

One part of rock or coarse table salt.

Two parts ice, broken the size of a walnut.

Pack the cream pail firmly above the height of the cream. For three pints of cream, pour over the ice in the freezer one and a half pints of water, and for every additional quart of cream add half a pint of water, after the packing.

TO FREEZE CREAM WITHOUT A FREEZER

If one wishes to freeze a pint or quart of cream when there is no freezer at hand, it may be done in a tin pail in from twenty to thirty minutes. Put the cream in a two-quart tin pail and cover it with a mixture of coarse salt with finely pounded ice or snow, in the proportion of one-third salt; put a quart of it in an ordinary wooden pail, place the tin pail in the center and pack it firmly with the freezing mixture to within an inch of the top; then remove the cover and stir with a wooden spoon, constantly detaching the frozen cream from the bottom and sides of the pail, until the whole is stiff; smooth it over the top, replace the cover, pour off the water, repack, cover the whole closely with a piece of carpet and leave it for an hour or two in as cool a place as can be found. In winter the pail may stand on a chair in the kitchen while the cream is being stirred, in summer in any shady place in the open air.

This mode gives on the pleasure of seeing the freezing process, which is concealed in patent freezers.

LEMON ICE CREAM

To two quarts of sour cream (it must be cream that has soured quickly) take one of sweet cream, one pound and a half of sugar, the juice and rind of one lemon; cut the rind thin and steep it ten or fifteen minutes in half a pint of the sweet cream over boiling water; strain, cool and add it to the rest. Put it in the freezer, and set it in ice an hour before freezing.

ICE CREAM

Put one pound of sugar, a vanilla bean split and two quarts of milk over boiling water; beat six eggs with half a pound of sugar and add to the milk when hot; cook until a little thickened, take it off and when cold add the quart of rich cream, whip it briskly for a few minutes and freeze it.

ICE CREAM (Corn Starch)

Three pints of milk and cream together, reserving a little for mixing the starch.

Ten ounces of sugar.

Four even tablespoonfuls of corn starch.

Vanilla extract or bean.

Four eggs, the whites beaten stiff.

Let the milk and cream scald over boiling water, add the starch, the beaten yolks and the sugar. When the custard adheres well to the spoon add the whites of the eggs and take it from the fire, flavor and when cold freeze. If the vanilla bean is preferred to the extract, it must be boiled and scraped in the milk.

PINEAPPLE ICE

Pare good ripe pineapples and cut out the eyes; grate them and pass the pulp through the collander; to one quart of this add one and a quarter pounds of sugar and one pint of water; whip the whites of two eggs to a stiff froth and add the above little by little, beating well to make them mix, freeze.

TO PREPARE PISTACHE NUTS FOR ICE CREAM

Pour boiling water over them; let them stand a few moments, drain and cover again with boiling water, when the skins will slip off quite easily. They are then pounded to a paste in a mortar and mixed with the cream.

CARAMEL ICE CREAM

One and a half pounds of brown sugar.

Three quarts of cream.

One pint of boiling milk.

Put the sugar in an iron frying-pan on the fire and stir until it is a liquid, being careful not to let it become too dark; add the milk, strain it and when cool pour it in the cream, which it both flavors and sweetens. To be frozen like vanilla cream.

HOW TO SERVE FRESH FRUITS

Water Melon

Chill the melon on the ice; cover the inner part of the platter with fresh clean grape leaves; place the melon in the center and cut it in two, letting the ends fall back to show the fine coloring of the pulp and seeds. At the table it should be helped with a spoon, scooped out in symmetrical egg-shaped pieces.

Strawberries

Do not wash them unless absolutely necessary; but if it must be done, hold the shallow basket of strawberries close under the faucet while you give them one good, generous douche, which will pass at once through the basket, taking with it the dirt and grit which would otherwise have set your teeth on edge; let them drain and dry for a few moments, then hull them, handling lightly as possible. Put no sugar over them; it draws out the juice and changes the character of the fruit. If the strawberries are not to be eaten for an hour or more, hang the basket in the refrigerator and do not hull them until the last moment.

Cherries

Gather them in clusters with a few leaves attached, and arrange them in a deep glass dish with large pieces of clear ice. Serve grapes likewise.

Peaches

It is very important that they should be perfectly ripe; better have a small dish of good peaches than a large dish spoiled by half a dozen peaches with a hard side. Peaches can be served sliced with whipped cream, or plain.

How to Cut Pineapple

Pare it carefully, and with the point of the knife take out all the eyes; then, with a silver fork, pick the fruit from the core in bits as

Apples Stewed With Cloves

Two and half pounds of apples.
One pound of sugar.
One quart of water.
Cloves.
One small lemon peel.

Put the sugar, water and lemon peel in a bright thin milk pan. Peel and core the apples, sticking five cloves in every one. When the syrup is hot lay in the apples, cover and let them boil until about done, then remove the cover, that they might become clear, as they cook slowly and are exposed to the air.

Stewed Peaches

Wipe peaches that are almost ripe, half cover them with water, cover the pan and stew until tender, adding sugar to suit the taste before they are quite done.

Baked Pears

Wash them, leave the stems on, put them in a two-quart stone crock with a gill of water and a half a pint of brown sugar; cover the crock with a piece of dough (coarse flour and water) rolled about half an inch thick, or with the stone cover belonging to the crock; put them in the oven and bake two hours or more, the time depends on the ripeness of the fruit.

CHEESE

Cheese ranks high as a nourishing food product. It is quite possible to live on cheese, bread and water without endangering the condition of health and strength.

But cheese is served, as a rule, after the sweets in a course dinner. It is often served with fruit, which is a very delightful finish to a substantial dinner and relieves greatly the uncomfortable feeling when too much has been eaten.

Bread and Rolls

BREAD MAKING

Bread raised but once.

Three quarts of sifted flour.

One quart of milk and water.

One tablespoonful salt.

One gill of yeast or one yeast cake.

Scald a pint of milk and cool it with a pint of water, pour it on two quarts of the flour and the salt in a five-quart bowl or pan. Mix well, add the yeast, beat hard for five minutes, stir in the rest of the flour, then flour the board, place the dough on it and knead vigorously for fifteen minutes, using barely enough flour to prevent sticking.

With practice a little flour will go a great way. The hands and board must be very lightly covered with it, that as little as possible may be added to the bread. This quantity of dough, kneaded fifteen minutes, requires nearly a pint of water in addition. Mould into loaves and place them in buttered pans which they will but half fill. Leave them to rise until the bread has reached the top. At 80 degrees this will require from five to six hours. At a low temperature it may stand over night. When light, bake. If the yeast cake is used, soak it first in two tablespoonfuls of water, then stir it until smooth and add water until it measures a gill. This bread retains much more of the flavor of the wheat than that which is raised several times. It may be mixed with water or milk alone.

BREAD BISCUIT

One pint of dough ready to bake.

Two ounces of butter.

The white of an egg, beaten stiff.

Soften the butter and knead all together for five or ten minutes; roll out, or mold into biscuit; lay them in a buttered pan and when light, prick and bake.

GRAHAM BREAD

Take one pint of light bread sponge and thin it with a pint of warm water. Add two tablespoonfuls of molasses, a tablespoonful of salt and sufficient graham flour to make a stiff batter that can be stirred with a spoon. Put it in well buttered pans and when light, bake. It requires longer baking than white bread, and the pans require more butter.

BREAD CAKE

One pound of dough ready for the oven.

Eight ounces of sugar.

Four ounces of butter.

One gill of currants.

Half a nutmeg, grated.

The grated rind of a lemon and half of the juice.

Half teaspoonful of soda, dissolved in a teaspoonful of boiling water.

One well-beaten egg.

Having softened the butter, mix together with the hand, put the butter in two small, well-buttered pans, leave it in a warm place several hours to rise, and when light, bake.

GINGER BREAD

One quart, lacking one gill, of flour.

Half pint of sugar.

Half a pint of molasses.

One-quarter of a pound of butter.

Two even teaspoonsful of cream of tartar.

One teaspoonful of soda, dissolved in the milk.

Three eggs.

Sift the flour and cream of tartar in a bowl, hollow the center and put in the butter and sugar, well stirred together, the beaten eggs, molasses, ginger and milk. Mix, drop in buttered patty pans and bake twenty minutes. It should be eaten while warm.

CORN BREAD

One quart and half pint of cornmeal.

One quart of fine flour.

Half a pint of molasses.

Three even teaspoonfuls of soda, dissolved in two teaspoonfuls of boiling water.

One teaspoonful of salt.

Mix thoroughly, put in well buttered pans and bake in a moderately heated oven. This quantity makes two loaves in two quart basins. If graham flour is used instead of fine flour, but one quart of the cornmeal is necessary.

PARKER HOUSE ROLLS

One quart of flour.
One ounce of lard.
Half pint of milk.
Half gill of yeast.
Half a tablespoonful of sugar.
Half a teaspoonful of salt.

In the evening put the flour in a bowl; put the salt and lard in the milk and warm the lard until melted. When the milk is lukewarm, add the yeast, mix well and pour into the center of the flour. Do not stir it. Cover and leave it in a cool place. In the morning work it thoroughly and let it rise. Two hours before use roll it out two-thirds of an inch thick. Cut with a tin cutter, four inches across. With a feather, coat half of the top with melted butter and lap it nearly over the other half. Then draw them out a little to make them roll-shaped. Lay them apart in buttered pans, and when light, bake.

BAKING POWDER BISCUITS

One pound of flour.
One ounce of butter.
Two ounces of lard (it must be sweet and firm.)
Three gills of sweet milk.
One teaspoonful of salt.

Five teaspoonsful of baking powder (the baking powder must be taken up in the teaspoon, slightly pressed and made even by pressing the side of the knife blade directly over it.) Put it with half a gill of the flour and sift it into the rest of the flour through a very fine sieve thoroughly; then rub the butter, lard and salt through the flour until quite fine. Pour in the milk, mix lightly, place on the floured board and roll it without any kneading; cut, prick and bake in a quick oven.

ANGELS' FOOD

Half a pound of flour.
Half an ounce of lard or butter.
Half a teaspoonful of salt.
One gill of sweet milk.

Rub the lard thoroughly through the flour and the other ingredients, knead the dough fifteen or twenty minutes. Roll as thin as paper. Lay it on baking sheets. Scour it in four-inch squares. Prick well and bake.

BREAKFAST PUFFS

Three-quarters of a pound of flour.
One ounce of butter.
One pint of milk.
Two eggs.
Half teaspoonful of salt.

Beat the eggs and stir them in the milk. Put the flour and salt in a two-quart bowl; stir in about two-thirds of the milk, add the melted butter, beat very hard for three minutes, then thin the batter with the remainder of the milk. Pour in well-buttered gem pans and bake in a quick aven.

ENGLISH WATER MUFFINS

One and one-half pounds of flour.
One pint of tepid water.
Half a gill of yeast.
Half a teaspoonful of salt.

Beat all thoroughly together and let it rise over night. In the morning flour the board and roll out the dough very thin, using as little flour as possible. Cut out the muffins with the cover of a small tin pail. They should be five inches across. Butter the griddle lightly, lay the muffins on it and leave them on the back of the stove for a short time to rise. Draw them forward and then bake slowly, first on one side and then on the other. Turn them often to keep both sides flat. Tear apart, butter and serve three together, one above the other. Cut across the center. These muffins can always be made from bread sponge, adding sufficient flour for rolling.

SIMPLE AND DELICIOUS MUFFINS

One quart of flour.
One pint of warm milk.
One teaspoonful of salt.
Half a gill of yeast.

Mix at night and beat until light. In the morning drop the well-risen dough into buttered cups; let them stand twenty minutes and then bake and serve. These can be made with water instead of milk, but are much less tender.

Good cooking makes the boy love his home, the husband his wife, the guest his cafe, and brings satisfaction and happiness in all corners of the earth.

COFFEE AND CAFES

THE early history of coffee as an economic product is involved in considerable obscurity, the absence of historical fact being compensated for by an unusual profusion of conjectural statements and by purely mythical stories. According to a statement contained in a manuscript belonging to the Bibloteque Nationale in Paris, the use of coffee was known at a period so remote as 875 A. D.

In a treatise published in 1466 by an Arab shief it is stated that a knowledge of coffee was first brought from Abyssinia into Arabia about the beginning of the fifteenth century by a learned and pious shiek, Djemal-Eddin-Abou-Alnagger. According to the treatise alluded to the use of coffee as a beverage was prevalent among the Abyssinians from the most remote period, and in Arabia the beverage when first introduced only supplanted a preparation from the leaves of the cat, Celastrus edulis. Its peculiar property of dissipating drowsiness and preventing sleep was taken advantage of in connection with the prolonged religious services of the Mohametans, and its use as a devotional antisoporific stirred up a fierce opposition on the part of the strictly orthodox and conservative section of the priests. Coffee was by them held to be an intoxicant beverage, and therefore prohibited by the Koran, and the dreadful penalties of an outraged sacred law were held over the heads of all who became addicted to its use. Notwithstanding the threats of divine retribution, and though all manner of devices were adopted to check its growth, the coffee drinking habit spread rapidly among the Arabian Mohametans, and the growth of coffee as well as its use as a national beverage became as inseparably associated with Arabia as tea is with China. For about two centuries the entire supply of the world, which, however, was then limited, was obtained from the province of Yemen, in South Arabia, where the celebrated Mocha or Mokha is still cultivated.

It was not till the middle of the sixteenth century that coffee houses were established in Constantinople. Here also the new habit excited considerable commotion among the ecclesiastics. The popularity of the coffee houses had decided influence on the attendance of the mosques, and on that account a fierce hostility was excited among the religious orders against the new beverage. They laid their grievances before the sultan, who imposed a heavy tax upon the coffee houses, notwithstanding which they flourished and extended. After the lapse of another hundred years coffee reached Great Britain, a coffee house having been opened in 1652 in London by a Greek, Pasqua Rossie. Rossie came from Smyrna with Mr. D. Edwards, a merchant, and in the capacity of servant he prepared coffee daily for Mr. Edwards and his visitors. So popular did the new drink become with Mr. Edwards' friends that their visits occasioned him great inconvenience, to obviate which he directed Rossie to establish a public coffee house, which he accordingly did. The original establishment was in St. Michael's alley, Cornhill, over the door of which Rossie erected a sign with his portrait, subsequently announcing himself to be "the first who made and publicly sold coffee drink in England." It is remarkable that the introduction of coffee into England encountered the same hostility that it was fated to meet in other countries. Charles II, in 1675, attempted to suppress coffee houses by a royal proclamation, in which it was stated that they were the resort of disaffected persons "who devised and spread abroad divers false, malicious and scandalous reports, to the defamation of His Majesty's government, and to the disturbance of the peace and quiet of the nation." On the opinion of legal officials being taken as to the legality of this step, an oracular deliverance was given to the effect "that the retailing of coffee might be an innocent trade, but as it was used to nourish sedition, spread lies and scandalize great men, it might also be a common nuisance." In England as well as in other countries the most effective check on the consumption of coffee was found to be a heavy tax, which, while restricting honest trade, opened a channel for extensive smuggling operations. Coffee is spoken of as being in use in France between 1640 and 1660, and thereafter it may be said that the use of coffee was an established custom in Europe and later years

in America. It is noteworthy that the three principal dietetic beverages of the world were introduced into Great Britain within a few years of each other. Cocoa was the first of the three which actually appeared in Europe, having been brought to Spain from South America; coffee followed, coming from Arabia by way of Constantinople; and tea, the latest of the series, came from China in the hands of the Dutch. It is also more than probable that the Turks during the siege of Vienna brought the coffee to this city, and today you can find the largest and most luxurious coffee houses in Vienna, known as cafes.

The dietetic value of coffee depends principally upon the alkaloid caffeine which it contains, in common with tea, cocoa, mate or Paraguary tea, guarana, and the African kela nut. Its commercial value is, however, determined by the amount of aromatic oil, caffeine, which develops in it by the process of roasting.

Coffee belongs to the medicinal or auxiliary class of food substances, being solely valuable for its stimulant effect upon the nervous and vascular system. It produces a feeling of buoyancy and exhilaration comparable to a certain state of alcoholic intoxication, but which does not end in depression or collapse. It increases the frequency of the pulse, lightens the sensation of fatigue, and it sustains the strength under prolonged and severe muscular exertion.

HOW TO MAKE COFFEE AT HOME

It saves much trouble to buy coffee already roasted and ground. In preparing coffee for the table use:

One quart of boiling water.
Half a pint of ground coffee.
Half pint and half gill of cold water.
One egg.

Use the ground coffee with the half pint of cold water and the egg, which need not be beaten. Put it in the coffee boiler, pour in the boiling water and let it boil from 10 to 15 minutes, pour in the half gill of cold water and let it stand for five minutes, but do not let it boil; strain it through a clean white cloth or napkin. It is impossible to make good coffee in a boiler wherein the tin is worn and not perfectly clean.

PERCOLATED COFFEE BY ELECTRICITY

Very practical for making good coffee is to use a percolator heated by electricity. Put the water in the bottom of the percolator, the coffee well ground on the top specially provided; when the water comes to boil it will steam through a tube and draw out the strength of the coffee thoroughly during a period of 20 to 30 minutes. No eggs are required to clear the coffee. This method of making coffee is usually applied for special dinner parties in high-class cafes or private families.

ICED COFFEE

Put two or three pieces of ice in a long glass, pour over the black coffee, sweeten to taste with granulated sugar and serve with whipped cream.

COFFEE, VIENNA STYLE

Coffee is served with hot milk and whipped cream. Fresh boiled hot milk is preferable to plain cold cream, which does not improve the taste as when served as above.

BROMA

Have three pints of milk scalding over boiling water, into a half a package of broma smoothed with a few spoonfuls of boiling water, and when the milk is hot stir it in, having first mixed half a gill or more of the milk with the broma; leave it a few minutes or until slightly thickened, then serve.

CHOCOLATE

Break two ounces of the unsweetened chocolate into small bits and stir it over the fire to a smooth paste with a gill of boiling water and a gill of sugar; add gradually a pint of boiling water and one of scalding milk; stir, and leave it over boiling water for two minutes, then serve.

CRACKED COCOA

Pour a quart of boiling water on a gill of the cocoa, and boil half an hour; strain, and serve; the same cocoa may be boiled again the next day in fresh water. It is sometimes kept in a little muslin bag, and boiled repeatedly.

SERVING A DINNER FOR $2,500 A PLATE

When Madame Jackson Crocker Gouraud asked through the New York American for original suggestions for serving a dinner for a special occasion, for which she offered $5000, the American Gastronom submitted the following Menu, explanations and designs, for serving the same:

Name—Le Grand Diner au Natural a' l' Hors Concours—One hundred covers at twenty-five hundred (2,500) dollars a plate, including food, wines, service, decorations, staging, musical entertainment, noted talent, necessary costumes, etc. Nothing shall be left undone for the absolute comfort of the guests.

Place—Glass pavilion especially constructed for the occasion, in Cannes, south of France. The interior decoration to resemble an Amazon Garden. The floor to be laid out as a green natural lawn. Blooming Century plants shall be a part of the floral groups in corners. The illumination shall be moderately bright, the shades to be tested first and compared with the green effect. Miniature fountains, ornamented with cupids, supply the wines.

The Table Plan—Two rows of round tables especially constructed, raised one foot from the floor, fifteen feet apart; between the two rows of tables a ten-foot wide moving platform to run between the rows of tables from one end of the room (the entrance) to the other end (the exit).

Four guests to be seated at each table so that every one faces the moving platform. The large entrance to the dining room leads from the service-room, which is to be transformed into a stage. A rising curtain divides the dining-room from the stage service-room. All courses of the dinner to appear as "tableaux vivants" or groups, which are placed stationary on the platform. An electric signal given by the hostess raises the curtain at the stage entrance, and then the live tableau appears and proceeds on the moving platform until it reaches the center. The curtain drops as soon as the group enters the dining-room.

Every course shows the article of food, both in nature and cooked. Heavy liveried lackeys dressed in knickerbockers and white wigs are lined up on both sides of the tables to receive the groups from which everything is served to the guests. The wine butlers are dressed in monk's costumes.

A small electric keyboard is to be provided at the side of the hostess' seat, giving her the control of directing the proceedings of the dinner by simply pressing the button.

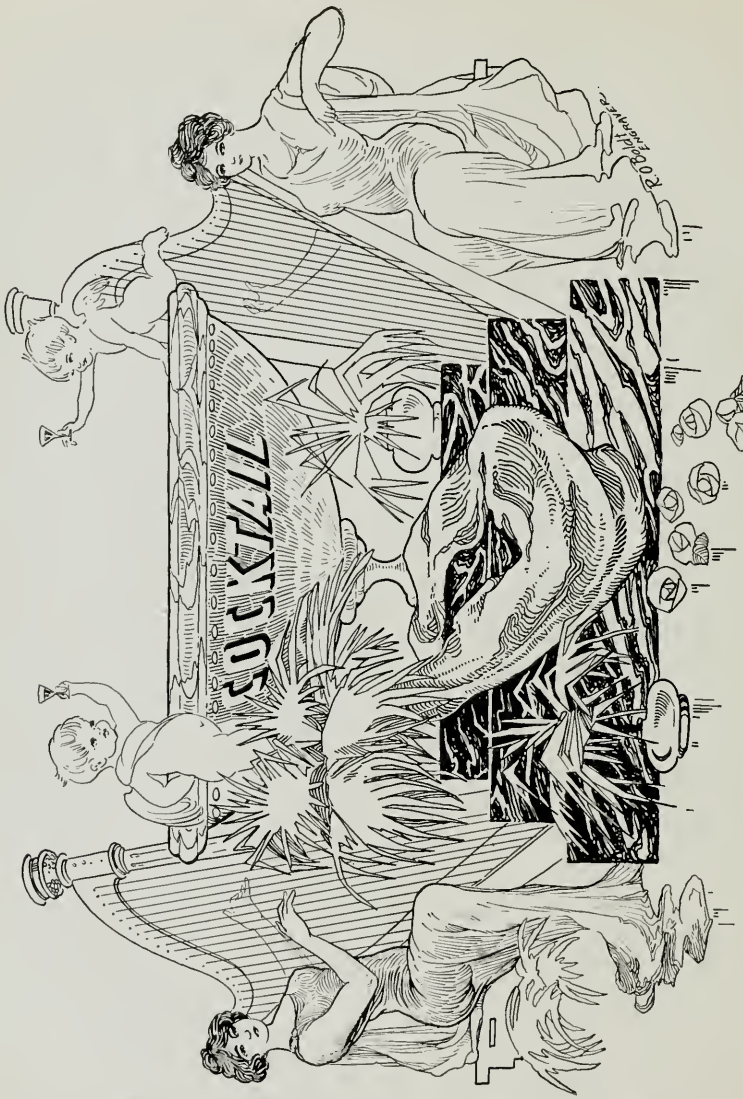
Before the dinner actually starts, the hostess presses the button, the curtain rises and a Steinway grand moves in noiselessly on the platform, with Paderewsy sitting at the keys, playing the overture. As soon as this is over, the piano with the great artist rolls out at the other side, through the exit.

Next comes Tableau No. 1—The Cocktail. The hostess again presses the button, the curtain rises and here comes the cocktail served in a large stone fountain beautifully mounted, such as are used for baptising in the Catholic Church; two female harpists, dressed in light silk, sitting on each side of the large stone bowl, playing soft tunes of some celebrated selection. Floral decorations finish the group.

After this comes Tableau No. 2 — The Hors d'Oeuvre. Crocodile eggs with caviar dressing, prepared by Escoffier, and served on the back of a crocodile on a dish especially constructed, as long as the crocodile; a couple of Hottentots stationed on each side playing their native instruments. You will notice, also, that the service is not only artistic but very practical to handle by the servants.

Tableau No. 3—The Soup. Turtle soup. The curtain rises again, and there are six live giant turtles rolling in, in pairs, bearing on their backs the large soup tureens, containing the turtle soup. In the rear of the turtles, Mary Garden sings the "Meditation of Thais." Large silk ribbons are strung from the turtles to the great actress, this giving the appearance of six in hand, but turtles instead of horses. The soup to be made from my recipes from Barbados.

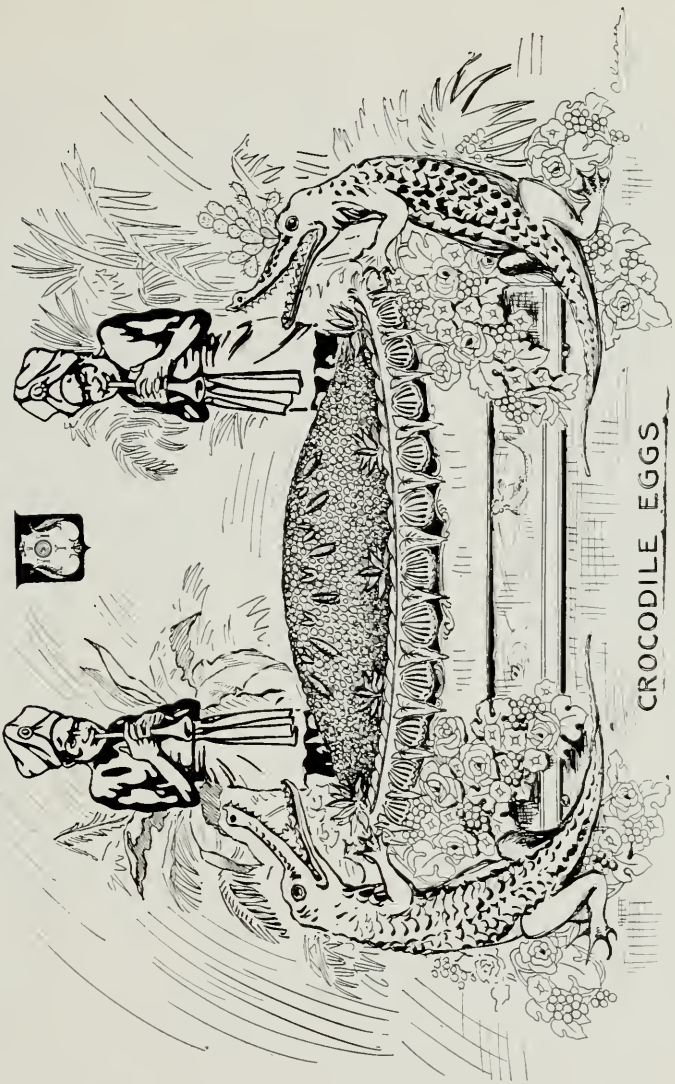
Tableau No. 4—The Fish. A miniature aquarium with artistic bridges laid across, and live trout, swimming in the water. The bridges are to be removed and thereon the trout are served in jelly. A group of Tyrolean singers in native costume sit around the aquarium and sing Tyrolean airs.



COCKTAIL TABLEAU FOR THE $2,500 PER PLATE DINNER

Tableau No. 5—The Choice Entress. One is monkey stew, the other bear steaks, served as follows: Four live bears, with chains fastened in their noses, wheel in an artistically decorated wagon, bearing the platters, on which the stew and steaks are served; at each side stationed Italian hand-organ players, who are noted singers, with live monkeys on their shoulders.

Tableau No. 6—Tiger Roast. A fine specimen of a Bengal tiger in a handsome gold cage, beautifully ornamented, moves in on the platform. On the iron bars are fastened the gold platters, from which the appetizing white tiger roast is served. In the rear of the cage, Sousa's band plays the Marsellaise, in order to make the beast wild, and lend excitement to the audience.

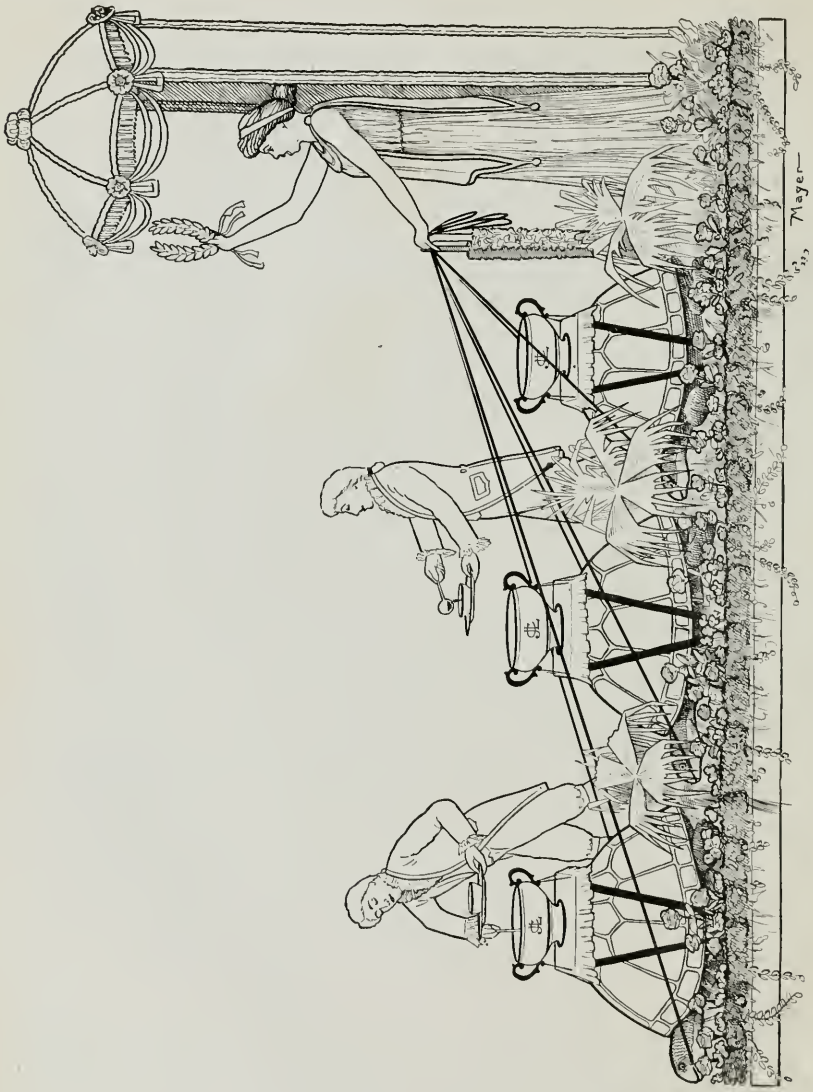


Now Comes Tableau No. 7—The Dessert. Peach Melba. Mme. Melba appears on a gorgeous decorated chariot, live white pigeons fastened to the ancient vehicle, and men in ancient Roman costume, carry the golden trays with the peaches a' la Melma, while Mme. Melba renders a marvelous song.

Tableau No. 8—The Demi Tasse. A group of Arabs in their native costumes roll in on the slow-moving platform, and the guests can watch the Arabs making Turkish coffee and then serving it.

Then come the Field Minstrels, playing the latest Tango hits—where everybody joins in the dance.

During short intervals, men like Harry



TURTLE SOUP SERVICE FOR A $2,500 PER PLATE DINNER

Lauder, Little Titch, Joe Welch or the "dummie August" of the London Hippodrome take care of the entertaining, while a dozen Geisha maids act as natural fans, when the atmosphere gets too hot. The menu cards shall consist of original hand paintings.

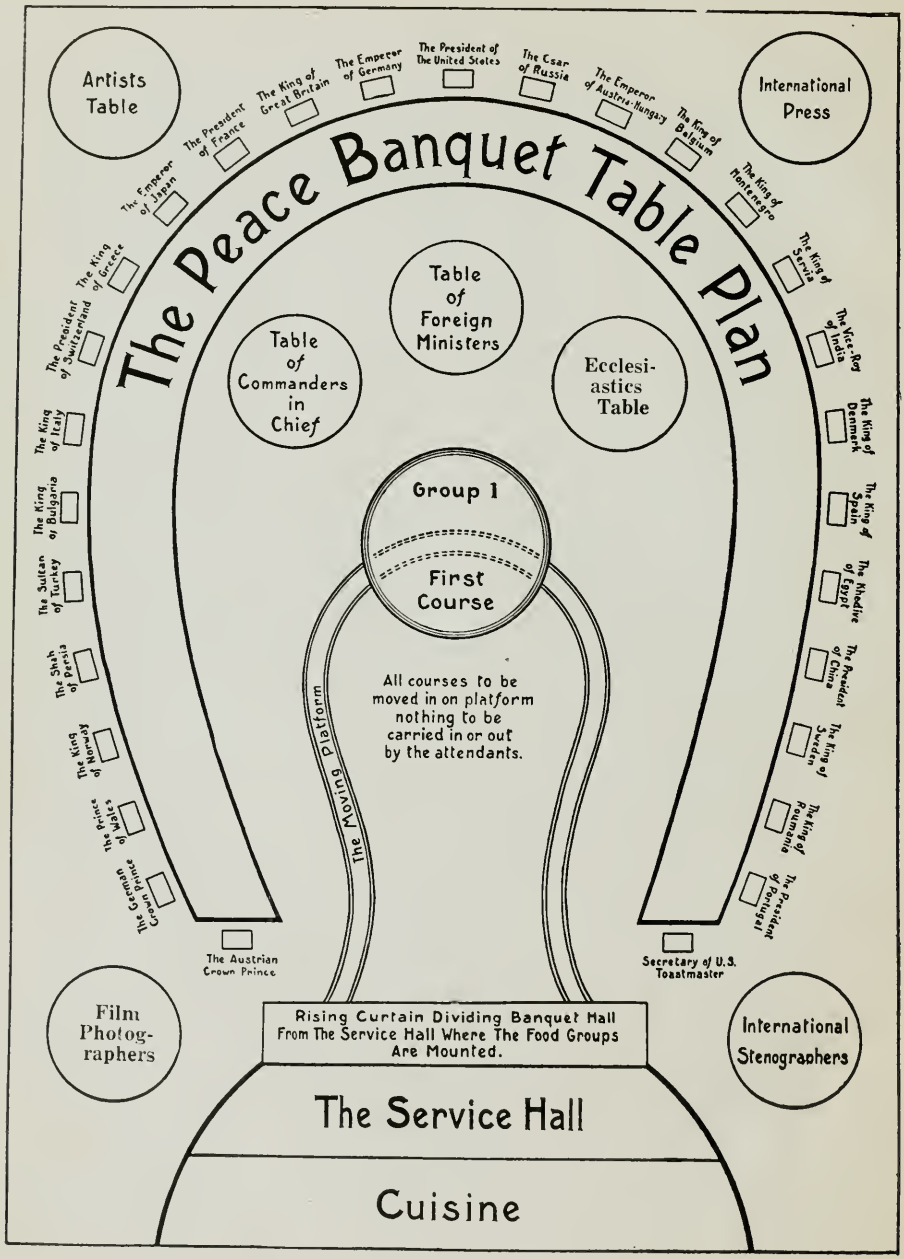
A TOAST

(By the Author.)

Here is to the hostess, we adore and admire;
Here is to the flowers, which grow to inspire.
Then to the melodies of music and song.
Another glass of wine to make us live long.
On with another dance in three-step or tango,
What more can this world offer, in its collors of rainbow?

The Review of the Dinner Menu

A cocktail is served to proceed with the feast,
Then oysters on half-shell, six or eight blue points, at least.
A glass of chablis goes well with this course.
Let's all drink, for the pleasure is your's.
Ah! Here comes the soup of chicken with rice,
Steaming hot, as the cook thinks it's nice;
A filet of sole, fried to serve with lemon and sauce,
The best sauterne of France always goes.
But as the entree consists of sweetbreads in cream,
Rhine or Moselle is not too extreme.
Then comes the roast, a young turkey, well dressed and stuffed
With chestnuts, sweet potatoes and legs paper-cuffed.
Piff! Paff! Puff! 'tis the announcement that
everybody loves most—
With sparkling champagne we drink to the host,
To wind up with pudding, dessert and cafe.
Some brandy, benedictine or creme de menthe frappe.
Let's all stand up and thank the Lord
For the charm of the dinner is really well worth.
We shall wine and dine as long as we live,
For when we are gone we can no more eat!


The Peace Banquet Table Plan
Artists Table
International Press
The Emperor of Japan
The President of France
The King of Great Britain
The Emperor of Germany
The President of The United States
The Czar of Russia
The Emperor of Austria-Hungary
The King of Belgium
The King of Montenegro
The King of Servia
The King of Greece
The President of Switzerland
Table of Foreign Ministers
Table of Commanders in Chief
Ecclesiastics Table
The Vice-Roy of India
The King of Denmark
The King of Italy
The King of Bulgaria
The King of Spain
The Khedive of Egypt
The Sultan of Turkey
The Shah of Persia
The President of China
The King of Norway
The King of Sweden
The Prince of Wales
The King of Roumania
The German Crown Prince
The President of Portugal
Group 1
First Course
All courses to be moved in on platform nothing to be carried in or out by the attendants.
The Moving Platform
The Austrian Crown Prince
Secretary of U.S. Toastmaster
Film Photographers
Rising Curtain Dividing Banquet Hall From The Service Hall Where The Food Groups Are Mounted.
International Stenographers
The Service Hall
Cuisine

PLAN AND SUGGESTIONS FOR THE PEACE BANQUET

The war now going on in Europe, in which the flower of the several nations involved are being destroyed, will terminate, let us hope and pray, very soon, but without doubt, it must at some time. Peace will ultimately be concluded and the occasion, like similar ones before, will be celebrated with a banquet.

A banquet, after the peace treaty has been signed, where all the great powers and smaller, though not less important nations, participants in the greatest conflict this planet has witnessed, as well as neutrals, shall be represented, would be appropriate.

Having something like this in view, The American Gastronom drew a plan of seats for the banquet table and of other necessary details, which is here given, and submits this plan and other matter to the consideration of the proper authorities.

This peace banquet as suggested, shall suit the occasion; it shall be the official ceremony where the representatives of the nations shall pledge themselves to an everlasting peace.

This immortal occasion should prompt something extraordinary. The United States should commission the head of its nation, President Wilson, who has so remarkably distinguishe dhimself as the greatest peace advocate, to represent this country, and be honored to preside at the dinner. His presence among the crowned heads of the world will greatly strengthen the purpose of this the most historical event the world has ever known after its greatest war.

It will restore hope to all nations; it will alleviate the sufferings of people through the holy assurance that war must not occur again, and militarism should cease.

The Peace Palace at The Hague may be selected as the most suitable place for this celebration. Mr. Andrew Carnegie is the right person to support this plan to make it a reality.

All the crowned heads and presidents of republics to be seated at one table, same to be in shape of a large horseshoe, as shown in plan. Other personalities to be seated at round tables.

The floral designs to consist of gigantic floral groups of original artistic designs.

The courses served constituting the menu be mounted in artistic groups, placed on a railed noiseless platform, leading into the center of the great horseshoe table.

Each course to represent a nation. A special gallery to be provided for the ladies who are not at the banquet table, but who shall witness the ceremony from the gallery. The Queen on Holland to be hostess.

A high dignitary of a neutral nation may be selected as toastmaster. The language adopted should be French. Each course of the menu might appear in the language representing the country.

Permission should be granted to take film pictures of this historical ceremony in all its detail, including the arrival of the guests, the reception and the proceedings of the dinner. All speeches to be stenographed for print.

The enormous revenues derived from the exhibition of this film picture throughout the world, should be turned over to the International Red Cross for distribution among the poor widows and children of the fallen soldiers, who sacrificed their lives for the defence of their fatherland or patrie.

When the guests are seated, a masterpiece of profound musical power shall be recited by not less than 400 instruments, placed at a certain distance, followed by a newly composed peace song rendered by the two greatest maenner-chors in the world, the Wiener and Koelner Gesang Verein. After this, the guests should rise from their seats in a short prayer in honor of the fallen soldiers.

The dinner will then proceed.

In conclusion, The American Gastronome desires to offer his services, without compensation, should this suggestion meet with approval.

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Kobe	Japan	*Orient Hotel*
Koeln	Germany	*Hotel du Nord*
Leipzsig	Germany	*Kaiserhof*
London	England	*Piccadilly Hotel*
Luzern	Switzerland	*Schweizerhof*
Los Angeles	California	*Alexandria Hotel*
Lisbon	Portugal	*Avenada Palace Hotel*
Milen	Italy	*Bertolini Hotel Europe*
Minneapolis	U. S. A.	*Hotel Dyckman*
Milwaukee	U. S. A.	*Hotel Pfister*
Moscow	Russia	*Grand Hotel*
Manchester	England	*Midland Grand Hotel*
Munich	Bavaria	*Grand Hotel Continental*
Madrid	Spain	*Grand Hotel de Paris*
Monte Carlo	Monaco	*Riviera Palace*
Melbourne	Australia	*Hotel Victoria*
New York	U. S. A.	*Hotel Astor*
New York	U. S. A.	*Woodstock Hotel*
Nice	France	*Hotel des Anglaises*
New Orleans	U. S. A.	*St. Charles Hotel*
Naples	Italy	*Grand Hotel*
Ostende	Belgium	*Hotel Splendid*
Prague	Bohemia	*Hotel Blauer Stern*
Paris	France	*Hotel Lotti*
Petrograd	Russia	*Hotel Angleterre*
Quebec	Canada	*Chateau Frontenac*
Rome	Italy	*Hotel Quirinal*
Rotterdma	Holland	*Grand Hotel*
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Trinidad	B. W. Islands	*Queens Park Hotel*
Vienna	Austria	*Hotel Sacher*
Vienna	Austria	*Hotel Imperial*
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